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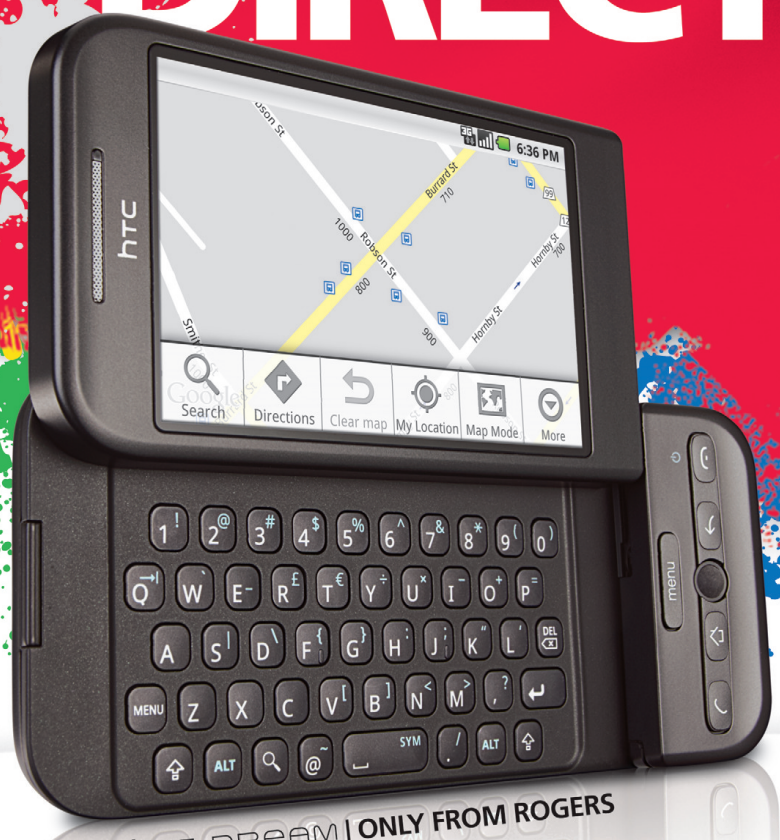

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SHRINKING ECONOMY WORST SINCE '91, PG 13

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Canadian living in Paris was on missing plane

MYSTERY Reports say a Canadian on board the Airbus A330 that vanished overnight en route to Paris from Brazil was a Coca-Cola executive living in France.

Radio station CJOY in Guelph, says Brad Clemes has family members in the city.

CJOY reports Clemes, 49, was born and raised in Guelph and lived in Paris.

Air France officials have confirmed a Canadian was on board the missing Airbus A330.

Officials say the plane carrying 228 people encountered thunderstorms and may have been struck by lightning.

THE CANADIAN PRESS

MORE COVERAGE, PG 10

STEVE RUSSELL/TORSTAR NEWS SERVICE

Industry Minister Tony Clement listens to a question in front of Prime Minister Stephen Harper and Premier Dalton McGuinty after a joint announcement in Toronto yesterday in which the Canadian and Ontario governments will use $10.5 billion of provincial and federal money to bail out General Motors. More coverage, pages 6, 13.

Free money for GM

Billions poured into automaker not expected back

Ottawa doesn't expect to get back the billions in taxpayers' dollars it's investing in General Motors, but Canada risked losing its entire auto industry if it didn't take a role in Washington's restructuring of the troubled sector, Prime Minister Stephen Harper said yesterday.

It's regrettable that public money is funding the $10.5-billion bailout of GM, but the move is a necessary one amid a global recession, said Harper.

"We don't intend to run automobile companies … In fact, we are seeking to exit our equity position in a reasonably short period of time," he said.

"Clearly, taxpayers will get some money back when the day comes that we begin to sell our equity share but, to be frank, we are not counting on that."

Under the deal with Ottawa and Ontario, GM will not file for bankruptcy protection in Canada — protection it sought from its creditors in the U.S. yesterday.

Canadian taxpayers will own 12 per cent of a restructured General Motors in return for providing the troubled automaker with $10.5 billion. Ontario will be responsible for $3.5 billion of that amount.

The two levels of government plan to fully divest their stakes by 2018 at the latest.

85,000
The number of jobs the Ontario government feared the province would lose if GM was allowed to fail.

"The Bush administration's decision to support the restructuring of Chrysler and General Motors left two options for Canada; either participate in the restructuring of these companies, or stand idly by as they are completely restructured out of Canada," Harper said.

CAW president Ken Lewenza said without the bailouts, "hundreds of other companies, from auto parts suppliers to neighbourhood cafes and dry cleaners, would face a grim future."

Industry Minister Tony Clement noted $1.3 billion of the funding is "repayable over eight years maximum, with a seven per cent interest rate. So we will get our money out that way."

The Ontario government said it was worried the province would lose 85,000 jobs if GM was allowed to fail. Ontario has lost 171,000 jobs since October.

The province failed to meet its goal to retain about 20 per cent of GM's North American production, which will fall to 16 per cent, even though the province will contribute about twice what it originally planned, Premier Dalton McGuinty admitted.

THE CANADIAN PRESS

Coffee tosser pleads guilty to assault

They came together in the morning crush of commuters bustling through Union Station for the GO train.

Michael Beline was hurrying to his job as an elementary teacher in Durham Region.

Christine Bedford, a customer service representative, was also on her way to Track 4A. She had a fresh coffee in her hand.

Suddenly, the two strangers were together in the crowd. Beline thinks he may have cut ahead of her.

The next thing he remembers is her angry voice, saying, "Don't you f--ing cut me off."

Michael Beline

He turned toward the voice and the woman threw the contents of her coffee cup in his face.

"I suffered second-degree burns," the 30-year-old Annex resident said of the April 9, 2008, incident. "I had burns at the tip of my eyelids. It was quite severe."

Yesterday, Bedford, 58, pleaded guilty to assault causing bodily harm, a lesser offence than the aggravated assault charge she originally faced.

Provincial Court Justice Bruno Cavion was not impressed. "Either she's insane or she's evil," he told Bedford's lawyer, demanding further explanation for her conduct.

The judge accepted a joint recommendation for a suspended sentence, 12 months probation and restitution of $1,500 — part of which will go to Beline.

TORSTAR NEWS SERVICE

Sunny Side

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- **Help Food for Life launch Lunch Money Tuesday, page 4**

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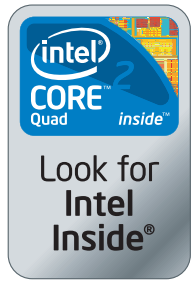

Steeltown's top cop to retire
Hamilton police Chief Brian Mullan has announced plans to retire at the end of the year. Mullan has worked in policing for 35 years. THE CANADIAN PRESS

Local

OSPCA investigating Humane Society

The Ontario Society for the Prevention of Cruelty to Animals says it will launch an investigation into allegations of inappropriate conduct at the Toronto Humane Society. The probe was prompted by a series of newspaper articles in which some people alleged animals were suffering because of a restrictive euthanasia policy. The organization's chief inspector, Hugh Coghill, says it is required to investigate under the Ontario SPCA Act because the allegations relate directly to the welfare of animals. THE CANADIAN PRESS

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Tomorrow's Metro

Comment
Paul Sullivan gives readers The West View on issues

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WHAT'S ONLINE TODAY

Video Canadian astronaut Bob Thirsk talks about the "surreal life" aboard the International Space Station at **metronews.ca/canada**

Blog Style columnist Kenya Hunt thinks recession-busting fashion tips are just repackaged common sense

Your Money Allan Small explains why the loonie's rise is bad for Canada's bottom line at **metronews.ca/investing**

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These results are not official.

Common cents plan arrives

Toronto shops now required to charge a nickel for plastic bags

Day One of Toronto's five-cent fee for single-use plastic shopping bags may have rattled some people, but Dewan Siddiqur was not one of them.

As required by the City of Toronto's new plastic bag bylaw, Siddiqur had a notice posted in his shop, Overlea Halal Meat at East York Town Centre in Thorncliffe, and was charging his customers a nickel a bag.

Their reaction?

"Most people are OK. Some are angry."

But restrictions on plastic bags are nothing startling to Siddiqur.

"In Bangladesh they've been banned for seven years," he said. "Totally banned."

Siddiqur's only quibble: Some customers have told him that other stores are not charging five cents for a bag. He hasn't checked out the claims, but figures if the law is there, it should be applied equally:

"The law is a good one; everyone should obey it."

The extent of the bylaw is still filtering through to some.

Danny Izzard, 79, insisted he hadn't paid anything for the two bags he had just received at Dollarama.

"They don't charge for bags here," he said — then checked his receipt and discovered that he'd paid 10 cents for the two bags.

"They charge too much for everything, and they shouldn't be charging tax on everything," Izzard said. TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Dewan Siddiqur minds the shop yesterday at Overlea Halal Meat in Thorncliffe. It was the first day of plastic bag fees in Toronto stores, where shops are required to charge a five-cent fee for bags.

"In Bangladesh they've been banned for seven years. Totally banned."
Dewan Siddiqur

News in brief

SUSPICIOUS Police have issued a warning to Pickering parents after several children said a white van was making stops near bus pick-up and drop-off locations. The children, who are elementary school students, told their parents they saw a large white van with no back windows driving around and parking near Altona Road and near Heska Road, parallel streets south of Taunton Road, said police spokesperson Sgt. Nancy Van Rooy. Van Rooy said police are considering the incidents suspicious and are asking residents to report sightings. TORSTAR NEWS SERVICE

Harris endorsing Hudak for leader

POLITICS Former premier Mike Harris is stepping up his campaign to make Tim Hudak the next leader of the Ontario Progressive Conservatives, as all four candidates race to pick up steam ahead of the leadership contest in late June.

In a video obtained by The Canadian Press, Harris urges party members to vote for Hudak, saying he's their best shot at beating Liberal Premier Dalton McGuinty in the 2011 provincial election.

Hudak is a "champion" for hard work, lower taxes and middle-class families, and can "energize and unite" the party, Harris says in the video. The two spoke at a Tory fundraiser yesterday. THE CANADIAN PRESS

TARA WALTON/TORSTAR NEWS SERVICE

Former Tory leader and Ontario premier Mike Harris, right, and leadership hopeful Tim Hudak speak before the 2009 Tory leadership dinner yesterday.

City man dies with H1N1 flu in his system

Flu Outbreak

HEALTH A second Torontonian with influenza A (H1N1), also known as swine flu, has died. The 60-year-old man, who had the H1N1 virus and suffered from congestive heart failure, died Sunday.

The man had been hospitalized for about three weeks at Toronto Western Hospital, where staff recently had begun removing him from life support.

It is not known whether the virus was a factor in the man's death, said Andrew Morrison, a spokesman for the Ministry of Health.

"We understand that the person had a number of underlying medical conditions. We do not know how the flu contributed to the person's death," he said. TORSTAR NEWS SERVICE

Joint trial for 7 in Creba shooting

CRIME The man accused of firing the shot that killed Jane Creba during a 2005 Boxing Day gunfight on Yonge Street will stand trial this fall with six other defendants, Superior Court Justice Gladys Pardu has ruled.

Defence lawyer Edward Sapiano had argued his client Jeremiah Valentine, 27, should be tried separately but was notified yesterday that his severance application has been dismissed with reasons to follow. TORSTAR NEWS SERVICE

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Whitby factory worker lands in hospital
A Whitby factory employee is in hospital after getting his head caught in one of the machines yesterday. His condition remains unknown. TORSTAR NEWS SERVICE

City cyclists see relief

Toronto police reporting thefts down this season

It's been nearly a year since Igor Kenk was put of business.

Kenk, who is accused of being the city's most notorious bicycle thief, was charged with 58 offences related to stolen bikes last summer.

Police discovered 2,865 bikes stashed in more than a dozen garages around the city and in Kenk's rundown Queen Street West repair shop.

In the aftermath of the closing of Kenk's store, The Bicycle Clinic, across from Trinity Bellwoods Park, the question has been out there: Are bike thefts down?

The answer is: Yes.

At this time last year, Toronto police had recorded 768 complaints for stolen bicycles. This year to date, 636 thefts have been reported, a drop of 17 per cent.

"We're definitely hearing a lot fewer complaints about bike thefts," said Assif Hassanali at Cyclemotive on Bathurst Street at Richmond Street

"But at the same time, you see all these little shops opening up around the city and those shops don't have suppliers. And you wonder: Where are they getting that inventory?"

Det. Sgt. Ed Roseto, who was involved in the Kenk sting, said so far police haven't been made aware of any one location that is trying to flip stolen bikes.

TORSTAR NEWS SERVICE

TARA WALTON/TORSTAR NEWS SERVICE

In this file photo, thousands of stolen bikes sit in a warehouse at 35 Strachan Ave. last year as members of the public came to scan the rows bicycles hoping to find their stolen property.

"We're definitely hearing a lot fewer less complaints about bike thefts."
Assif Hassanali at Cyclemotive

EHealth to be audited: Caplan

HEALTH A third party will audit EHealth Ontario's spending practices in the wake of reports that the agency doled out nearly $5 million in untendered contracts.

Health Minister David Caplan says he asked for the review because he was troubled by reports that the agency handed out the contracts without taking competitive bids.

Caplan says he will also be meeting with Ontario auditor general Jim McCarter, who is already looking into spending and procurement practices at EHealth.

David Caplan

Last week, Caplan insisted the agency didn't break any rules with the untendered contracts, and said it was allowed because of the urgency of the project to create electronic health records. EHealth was created last September by the Liberal government to replace the Smart Systems for Health Agency and is tasked with the job of creating electronic health records for all Ontarians by 2015. THE CANADIAN PRESS

Donate your lunch money today, help give someone Food for Life

SunnySide

HELP Food for Life is launching a new initiative today: Lunch Money Tuesday. To honour National Hunger Awareness Day, Food for Life asks that people donate their "lunch money."

People in Halton Region can make donations to Food for Life volunteers at the Oakville, Bronte, Appleby and Burlington at GO stations. Also, businesses in Halton will run their own version of Lunch Money Tuesday within their office. A company representative will be asking coworkers to contribute to Food for Life. Since 1995, Food for Life has been collecting surplus fresh food from local grocery stores and restaurants seven days a week, 52 weeks a year. Food for Life delivers this food to more than 40 community agencies in Burlington, Oakville, Hamilton and Mississauga.

"No man, woman or child should have to go to bed hungry while stores, restaurants and other food suppliers are tossing good food in our landfills," said George Bagaco, founder of Food for Life.

News in brief

ADOPTION Starting yesterday, adopted adults in Ontario became able to apply for copies of adoption orders and birth registrations and potentially reunite with birth families. But the law also ensures the files of those people uninterested in reconnecting remain sealed.

ARREST Police have arrested a 31-year-old man for allegedly sexually assaulting a woman on a footpath near the GM Centre in Oshawa last month. The woman, who was a sex trade worker, didn't know her attacker, and local police circulated a composite sketch of him. A week after releasing it, they made an arrest. Stephen Aiabens of Oshawa has been charged with sexual assault.

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tico.ca

Industrial accident kills man

A 26-year-old worker at a Mississauga sewage plant was fatally crushed by a large piece of concrete yesterday. The man was rushed to hospital from the Lakeview Wastewater Treatment Facility on East Avenue, but succumbed to his injuries, police said. The Ontario Ministry of Labour is investigating. TORSTAR NEWS SERVICE

News in brief

THEFT A City of Toronto tow truck worker was called to the intersection of Bay and Bloor streets around 4:30 p.m. to remove a car that was illegally parked south of the intersection. While the tow truck driver was out of his vehicle, hooking the illegally parked car to his wheel hitch, a random passerby on Bay Street hopped into the running truck and took off, said Staff Sgt. Robert Brown of 52 Division. The tow truck driver leapt onto the side of the moving truck, but was thrown from the vehicle. Police stopped the fleeing truck a few blocks north. A man was arrested at the scene. TORSTAR NEWS SERVICE

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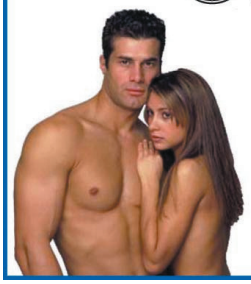

B These days it seems that everyone wants to offer laser hair removal. Sadly most overcharge and deliver poor results or undercharge for no results. We know because the dissatisfied customers come to OMI.

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Aid keeps GM in Canada

General Motors Canada will take $10.5 billion in aid from the federal and Ontario governments and pump some of that money back into operations, boosting research and development and launching five new vehicles, including a popular hybrid gasoline-electric car.

The aid is part of the parent company's bankruptcy restructuring filing yesterday, and will be used to maintain 16 per cent of GM's North American manufacturing output into the future.

"In recent months there's been a lot of anxiety around the kitchen tables of families working in the auto sector, whether those moms and dads work in assembly plants, parts manufacturing, dealerships or any of the over 400,000 jobs dependent on the making of cars and trucks in Ontario," Premier Dalton McGuinty told a news conference in Toronto.

"We're here today to put GM on a sound footing, to build a base for growth and prosperity in Canada and to give all those families reason to be hopeful."

> **"In recent months there's been a lot of anxiety around the kitchen tables of families working in the auto sector."**
> Premier Dalton McGuinty

McGuinty agreed GM would have quickly moved its production out of Canada if the Canadian governments did not agree to participate in the bailout. This in turn would have affected hundreds of Canadian parts suppliers and the other auto manufacturers that rely on them.

GM has promised to maintain the Canadian proportion of its North American manufacturing capacity at 16 per cent. According to an analysis by AutomotiveCompass LLC, that's down from 22 per cent in 2007.

GM Canada will spend $2.2 billion on capital and $1 billion on research and development between now and 2016 and its three remaining plants — in Oshawa, St. Catharines and a joint-venture plant with Japanese carmaker Suzuki in Ingersoll — will see a host of new products. THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

A General Motors employee enters an office building yesterday at the Oshawa car assembly plant. General Motors filed for Chapter 11 bankruptcy protection yesterday in New York.

GM workers feeling relief

AUTO General Motors workers in Oshawa say they're relieved by news of government bailouts as the company seeks bankruptcy protection in the U.S.

Many outside the GM car plant say they were resigned to the fact the automaker would have to restructure significantly to survive.

Frank Mazzei says he's happy to keep his job, but would like to see management take a pay cut to help the company go forward.

Andrew Taylor, who was just called back to work yesterday after being laid off from the truck plant, which has closed, says many workers inside were among the last to hear the latest news.

Philip Wallace says younger workers with lower seniority were the ones expressing worry inside the plant. THE CANADIAN PRESS

Man served jail time before attack

ASSAULT A Brampton man arrested in a deadly attack in Mississauga was recently released from jail after serving time for violating a non-contact order against one of the attack's victims, the Toronto Star has learned.

Horace Everton Weekes, 59, was sentenced to 33 days for harassing calls and failing to comply with an order to have no contact with his former girlfriend, Heather Stewart.

Stewart, 44, received life-threatening injuries when she was attacked Saturday at home. Her mother, Helen Slichta, 71, was bludgeoned to death. Stewart's daughter, 25, identified by neighbours as Amanda, received moderate injuries.

Police won't confirm the identities of the injured women. TORSTAR NEWS SERVICE

Thrown bottle hits woman in face, two teens charged

INJURY A woman was hit in the face and injured by a beer bottle thrown out of a car on King Street West in Bowmanville on the weekend, resulting in charges against two men aged 18 and 19.

The woman and a friend were walking on the street, near Martin Road, when the bottle tossed from a Honda Civic hit her lower jaw and cut the inside of her mouth and cheek, police said.

The 18-year-old from Clarington and 19-year-old from Bowmanville face charges including assault with a weapon, assault causing bodily harm and Liquor Licence Act offences. TORSTAR NEWS SERVICE

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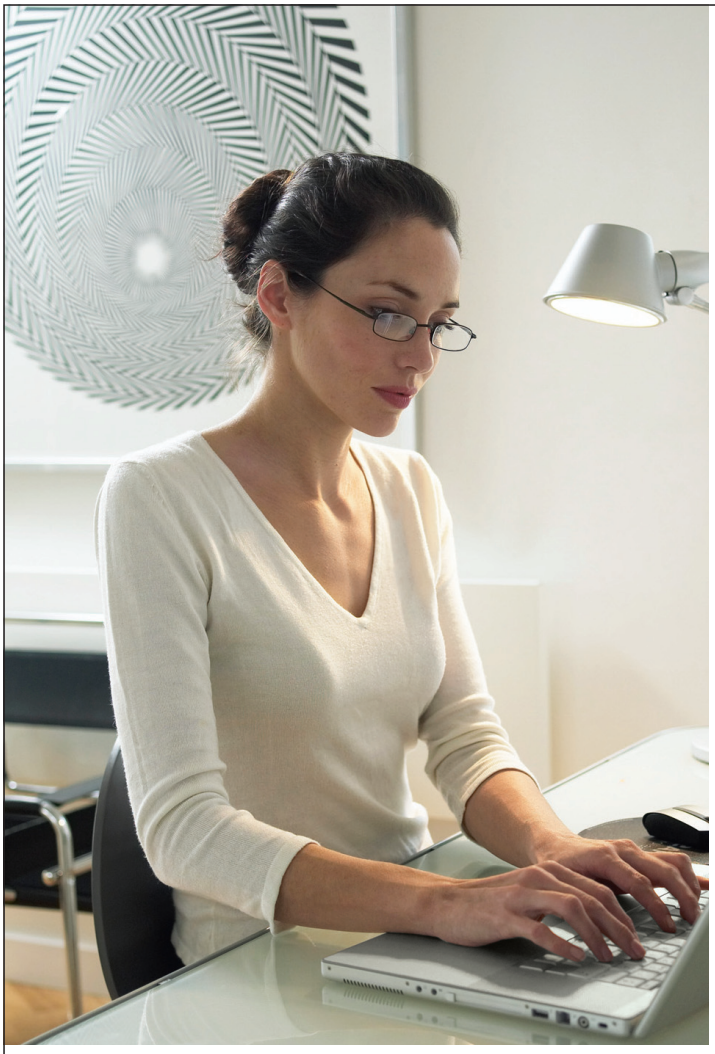

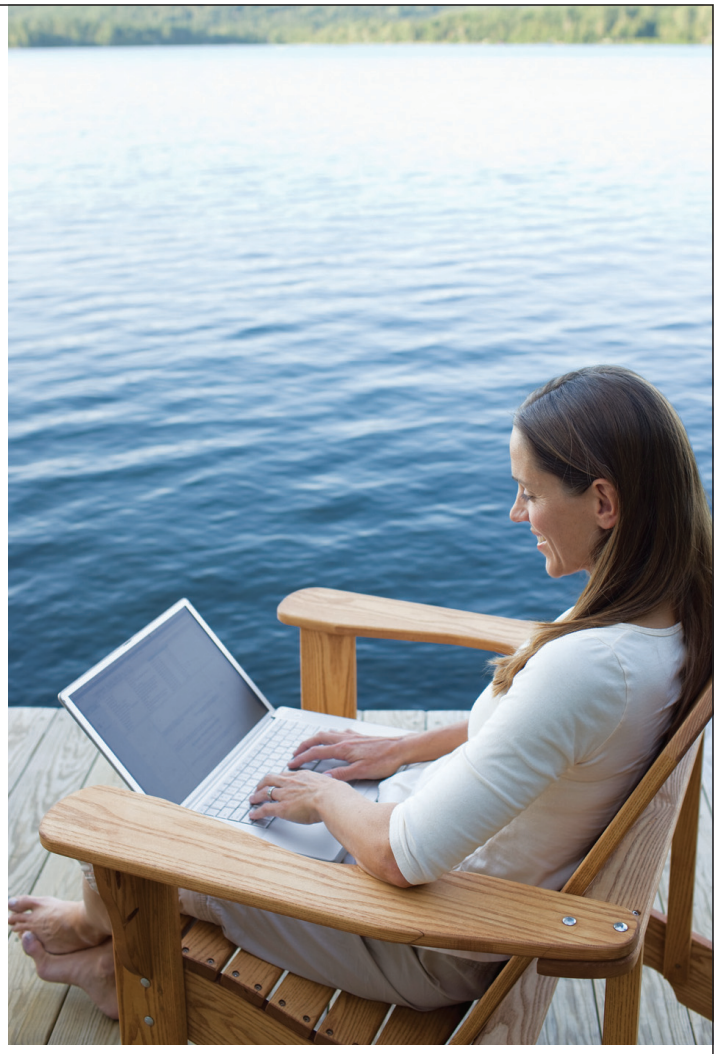

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Woman dies after motorcycle crash

A 58-year-old woman has died after she and her husband were riding motorcycles and crashed into a car in Lakeshore, Ont. Marilyn Reid and her husband, Robert Reid, 57, were riding motorcycles Sunday afternoon in Lakeshore, just east of Windsor, when the crash occurred. THE CANADIAN PRESS

Canada

GM to remain Olympic sponsor

General Motors says the company's restructuring plans, including its filing for bankruptcy protection in the United States, will have "no impact" on its sponsorship of the Vancouver 2010 Winter Olympics. GM has committed $67 million to the Games, and while most of that is in the form of in-kind contributions such as cars, it also includes $14 million in cash. THE CANADIAN PRESS

Thirsk says life in space 'surreal'

SCIENCE Canadian astronaut Bob Thirsk says his new world aboard the International Space Station is "surreal" and he feels as though he is in a Salvador Dali painting.

Bob Thirsk

Thirsk admits he has a steep learning curve as he settles in for his six-month spell in space.

The B.C. native said he has some Canadiana with him — including a copy of Anne of Green Gables and a signed photo of former Montreal Canadien Jean Beliveau.

THE CANADIAN PRESS

Older Tasers pulled by RCMP

TEST The RCMP is pulling older-model Tasers nationwide after testing conducted for the British Columbia government found the weapons failed to meet manufacturer's specifications 80 per cent of the time. Mounties say all of its M26 conducted energy weapons will be removed from active service until each unit is tested.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Jim Stephenson looks on yesterday as Public Safety Minister Peter Van Loan, left, makes an announcement about changes to sex offender legislation on Parliament Hill in Ottawa. Stephenson's 11-year-old son was abducted and murdered in 1988.

Sex crimes targeted

Tories unveil new bill aimed at sex offenders

Good policy, maybe. Good politics, definitely.

Stephen Harper's Conservatives returned to safe tough-on-crime waters yesterday with a cross-country media blitz on a new bill aimed at sex offenders.

Whether it be a predatory pedophile, violent repeat rapist, child-porn purveyor, drunken flasher or simply an immature 21-year-old convicted of having a consensual relationship with a 15-year-old, all will automatically go upon conviction into the national sex offender registry under the proposed new legislation.

A sample of their DNA will be held and their personal movements tracked for the balance of their lives.

And police will be able to use that information pre-emptively, rather than only as an investigative tool after a crime is committed as is currently the case.

"If police see an individual behaving suspiciously — near a school ground for example — they'll be able to request information from the database," Public Safety Minister Peter Van Loan said at a news conference in Ottawa.

"They will be able to learn if the person involved is a registered sex offender."

Currently, a judge has to approve registration of a convicted offender after a formal application by the Crown.

Van Loan said the automatic provision will almost double the number of sex offenders going into the registry.

THE CANADIAN PRESS

Buy American issue could ignite trade war

NAFTA Canada and the United States need to negotiate a new free trade agreement on government procurement to head off a trade war over the Buy American issue, says Canada's business community.

In a letter to Canada's premiers and the federal government, Canada's top business groups say Canadian contractors are being excluded from state and local procurement markets.

And a movement among Canadian municipalities to fight fire with fire by discriminating against American contractors could ignite a trade war that would hurt both sides, the groups say.

The groups say the solution is an open market in government procurement, particularly at the municipal and provincial/state levels currently not covered by the North American Free Trade Agreement.

THE CANADIAN PRESS

Halifax **Rae backs N.S. Liberals**

ANDREW VAUGHAN/THE CANADIAN PRESS

Bob Rae, Liberal MP for Toronto Centre, holds the platform of the Nova Scotia New Democratic Party yesterday as he attends a rally to support the provincial Liberals in Halifax. The election is June 9.

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News in brief

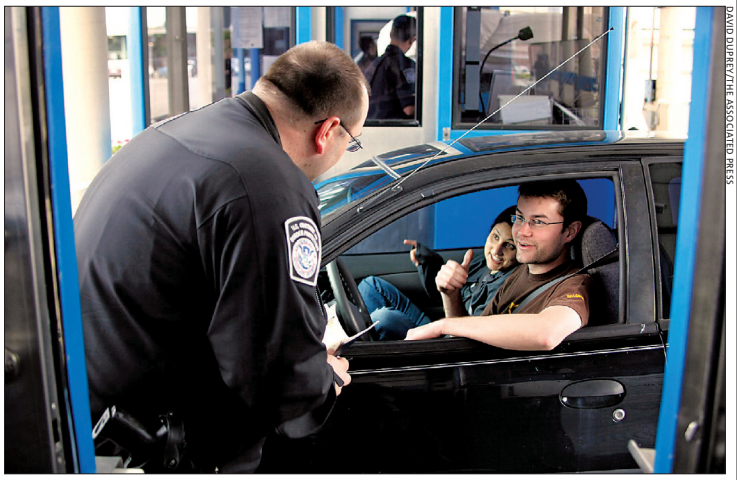
SCHOOLS The Alberta NDP says more than 1,000 people have signed petitions against human rights legislation that would let parents pull their children out of lessons on sex, religion or sexual orientation. Culture Minister Lindsay Blackett has said the government is allowing parents to be more involved.

CARE The man who beheaded a fellow Greyhound bus passenger last summer has been co-operative while in care, but still needs to be locked up. Psychiatrist Stanley Yaren says Vince Li has been taking his medication and hasn't had a psychotic episode in three months. Li was found not criminally responsible for killing Tim McLean in front of horrified passengers near Portage la Prairie, Man., last July.

CRASH A man accused in a car crash that killed four elderly Chatham women on their way home from a church dinner has pleaded not guilty to all nine charges.

THE CANADIAN PRESS

Crews recover body
Search crews have recovered the body of one man after a vessel was found overturned in a Newfoundland bay. THE CANADIAN PRESS


DAVID DUPREY/THE ASSOCIATED PRESS

U.S. Customs and Border Patrol officer Shawn Gehring speaks with Robert Moulson and Anjal Abad, both from Toronto, yesterday at the Peace Bridge border crossing in Buffalo, N.Y., the first day that people crossing U.S. borders faced stricter requirements.

Stricter rules

U.S. border security efforts greet travellers

A written warning and a wag of the finger greeted travellers arriving at the Canada-U.S. border without a passport yesterday as a long-dreaded American effort to buttress national security began with neither fanfare nor strict enforcement.

It marked a soft launch of sorts for the latest phase of the Western Hemisphere Travel Initiative, an American endeavour to shore up homeland security by requiring everyone entering the country — including U.S. citizens — to produce a passport at the border.

Anticipated travel delays failed to materialize amid scant traffic moving in either direction, a high degree of awareness about the requirement on the Canadian side of the border and the willingness of U.S. border guards to give non-compliant travellers a pass — for now.

> **"I'm just going to be waiting for my passport next time I cross."**
> Jessica Whitaker

Kevin Corsaroan, chief customs and border protective officer on the U.S. side of the Peace Bridge, said officials all along both the Canada-U.S. and U.S.-Mexico borders were in "informed compliance" mode and likely would be for some months yet.

"If you cross anywhere within the United States, whether it's on the northern border or the southern border, we're applying this informed compliance phase," Corsaroan said.

"We don't think it's going to go away any time soon — we believe it's going to go on throughout the summer. We're waiting for further guidance from the department on that."

Jessica Whitaker, a 20-year-old traveller from London, Ont., was bracing for the worst as she waited to enter the U.S. by way of the Peace Bridge, which spans the Niagara River linking Fort Erie, Ont., with Buffalo, N.Y.

Instead, she got through with just the usual requirements — proof of Canadian citizenship, such as a birth certificate, and picture ID, preferably a driver's licence.

"I got just a warning sheet for now," said Whitaker, who vowed to get herself a passport before trying to enter the U.S. again. "I'm just going to be waiting for my passport next time I cross." THE CANADIAN PRESS

News in brief

EDUCATION A dozen Afghan women have graduated with business diplomas from SAIT Polytechnic in Calgary, but will be unable to attend the graduation ceremony because of security concerns. Instead, Ehsanullah Ehsan, director for the Afghan-Canadian Community Centre in Kandahar city, is to pick up the diplomas on their behalf today and present them to the women back home at a later date.

CHARGES A Manitoba man has been charged in the deaths of two men who were cycling across Canada to raise money for diabetes. Ian Gibbons of Brandon is accused of slamming into four cyclists last June near Virden on the Trans-Canada Highway. THE CANADIAN PRESS

Seal episode helped understanding: Jean

NORTHERN EXPOSURE Her globally televised seal-eating episode may have been a distraction initially, but the Governor General says in the end it helped promote better understanding of the North.

Jean

"My motto is breaking down solitudes. What happened in this journey up North is quite amazing," Michaëlle Jean said in an interview wrapping up her Arctic tour.

The visit captured world headlines a week ago with video images of Jean eating raw seal at an Inuit celebration in Rankin Inlet.

The episode threatened to drown out her message about the needs and aspirations of northern communities — but in the end, she says, it helped bridge north and south.

"I'm very happy I was able to raise a lot of awareness about the North, about pressing social issues, about a way of life, about a culture," she said.

Jean met local elders in Kuujjuaq, Que., yesterday. THE CANADIAN PRESS

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Journalist takes El Salvadoran reins
Mauricio Funes, a journalist from a party of former Marxists, became El Salvador's first leftist president yesterday, promising to remain friendly with the U.S. THE ASSOCIATED PRESS

World

Mystery surrounds missing airplane

An Air France jet carrying 228 people to Paris from Rio de Janeiro ran into a towering wall of thunderstorms and disappeared over the Atlantic Ocean. French President Nicolas Sarkozy told families of those aboard yesterday that "prospects of finding survivors are very small."

RICARDO MORAES/THE ASSOCIATED PRESS

Women looking for information on the Air France flight reported missing over the Atlantic react yesterday while being escorted to a private room at Tom Jobim airport in Rio de Janeiro.

Air France officials confirmed a Canadian was on board the plane.

The area where the plane could have gone down is vast, in the middle of deep Atlantic Ocean waters between Brazil and the coast of Africa.

Brazil's military searched for it off its northeast coast, while the French military scoured the ocean near the Cape Verde Islands off the West African coast.

If all 228 people were killed, it would be the world's deadliest commercial airline disaster since 2001.

Sarkozy, speaking at Paris' Charles de Gaulle airport, said the cause is unclear and "no hypothesis" is being excluded.

He called it "a catastrophe like Air France has never before known."

"(I met with) a mother who lost her son, a fiancée who lost her future husband. I told them the truth," he said.

Sarkozy said "it will be very difficult" to find the plane because the zone where it is believed to have disappeared "is immense." He said France has asked for U.S. satellite help to locate the plane.

Chief Air France spokesman Francois Brousse said it is possible the plane was hit by lightning, but aviation experts expressed doubt that a bolt of lightning was enough to bring the plane down.

Air France Flight 447, a four-year-old Airbus A330, left Rio Sunday night with 216 passengers and 12 crew members on board, said company spokeswoman Brigitte Barrand.

THE ASSOCIATED PRESS

Lightning strike?

- On average, large jets are struck by lightning about once every three years, according to aviation incident statistics.
- The overwhelming majority of such incidents ends with no damage or only superficial damage.
- Most airliners — such as the A330 — are built mainly of aluminum, which is very good at dissipating the energy contained in a lightning bolt, which can be in excess of 300,000 amps.
- There have been only a handful of accidents in the past 50 years in which lightning may have played a contributory role.

Israeli PM rejects freeze

MIDDLE EAST Israel's prime minister yesterday rejected U.S. calls for a settlement freeze as unreasonable, moving closer to a collision with the Obama administration, while mobs of Jewish settlers attacked Palestinian labourers and burned West Bank fields.

Netanyahu

Six Palestinians were injured in the stone-throwing attacks, meant to protest the removal of several tiny settler squatter camps by the government of Benjamin Netanyahu.

In an apparent gesture to Obama, Netanyahu has begun dismantling small settler outposts built without formal government authorization.

Nearly 300,000 Israelis live in the settlements among 2.4 million Palestinians in the West Bank. Another 180,000 live in Jewish neighbourhoods of east Jerusalem. The Palestinians claim both areas — captured by Israel in the 1967 Middle East War — as parts of a future independent state.

In recent years, settlers have set up dozens of squatter camps, or so-called outposts, that lack formal government approval, but often received funding and support from government agencies. Israel has failed to keep a promise to the U.S., first made in 2003, to dismantle about two dozen outposts. THE ASSOCIATED PRESS

Police investigate suspect's motives

SHOOTING A man suspected of fatally shooting abortion doctor George Tiller at a Kansas church was in jail yesterday while investigators sought to learn more about his background, including his possible connections to anti-abortion groups. Tiller, 67, was serving as an usher during morning services Sunday when he was shot in the foyer of Reformation Lutheran Church in Wichita, police said. The suspect, identified by one law enforcement agency as Scott Roeder, was taken into custody in a Kansas City suburb about three hours after the shooting. Police said Sunday that all early indications showed the shooter acted alone.

THE ASSOCIATED PRESS

FBI reports violent crime down in U.S.
The FBI says violent crime in the United States dropped in 2008, falling 2.5 per cent compared to the previous year. Countrywide, murder and manslaughter dropped 4.4 per cent. THE ASSOCIATED PRESS

Khadr seeks to dismiss U.S. lawyers

TRIBUNAL A Canadian prisoner at Guantanamo Bay sought to dismiss his American military defence lawyers yesterday, saying he lost trust in them after seeing them fight among themselves. The complaint from Omar Khadr, who is charged with killing a U.S. soldier in Afghanistan, came in the first open session of the Guantanamo tribunals since U.S. President Barack Obama put them on hold in January.

"I can't trust these lawyers. They've been accusing each other for the last four months and fighting in front of me," said Khadr, who had a full black beard and wore a white prison jumpsuit.

Khadr, who was 15 years old when he was detained in 2002, said he trusts only his Canadian lawyers and he wants them to choose who should defend him against charges that include murder and conspiracy. The judge, army Col. Patrick Parrish, said Khadr could meet with those lawyers before making a final decision. THE ASSOCIATED PRESS

N. Korea readies missile: Report

NUCLEAR North Korea has transported its most advanced missile, believed to be capable of reaching Alaska, to a site where it could be ready for launch in a week or two, reports said yesterday.

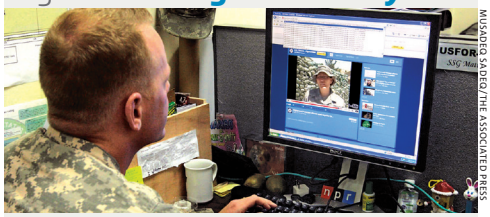
The reclusive country was also reportedly conducting amphibious assault exercises along its western shore, near disputed waters where deadly clashes with South Korea have occurred.

South Korean media have speculated that the North wants to time the launch for around June 16, when South Korean President Lee Myung-bak has a summit in Washington with U.S. President Barack Obama. THE ASSOCIATED PRESS

News in brief

ITALY Vandals threw paint-filled balloons at a museum designed by U.S. architect Richard Meier overnight Sunday, splashing the red and green colours of the Italian flag against the outside white wall, police said. The vandals also left a porcelain toilet and two packs of toilet paper next to the Ara Pacis museum in central Rome, police said. Critics contend the modern building clashes with Rome's classical architecture. THE ASSOCIATED PRESS

Afghanistan **Digital military**



MUSADDEQ SADEQ/THE ASSOCIATED PRESS

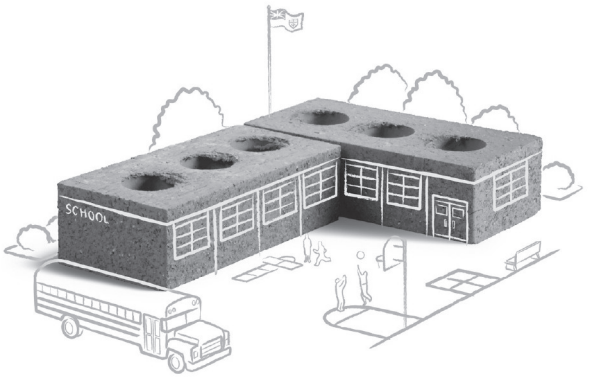
A U.S. soldier checks Facebook yesterday in Kabul. The U.S. military launched a Facebook page and Twitter feed this week.

Spring offensive goes on

June got underway yesterday with a bang — two of them, actually — for Canadian soldiers deep in the Taliban badlands of southern Afghanistan's Panjwaii district, more evidence of a seasonal escalation in potentially lethal insurgent activity.

An increase in insurgent activity has been readily apparent in recent days to those on the base, home to more than 150 infantrymen, along with combat engineers, an artillery troop and members of the Afghan army.

The first explosion yesterday occurred in a roadside culvert near a patrol base when Canadian soldiers detonated an improvised explosive device discovered by members of the Afghan National Army. The second blast was set off by insurgents who narrowly missed a passing convoy of Canadian military vehicles. The two blasts were among five incidents in recent days involving makeshift explosive devices near this remote base. THE CANADIAN PRESS



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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Comment

Our newest rising star

It takes a lot to upstage the very regal Adrienne Clarkson. But Michaëlle Jean, the Governor General who has been under her shadow for four years, has finally — to Clarkson's chagrin — done so.

Jean's Rankin Inlet seal-skinning and heart-eating venture is becoming the stuff of legend. With it, she has made a ringing declaration of support for the rights and traditions of our native peoples. She has told the European Union, with its opposition to the seal hunt, where to get off. And she has turned herself into a star.

Her wielding of the Inuit ulu blade took courage. Not everyone was impressed. When Clarkson, in Iqaluit on the weekend, was asked about it, she replied, "I've eaten raw food here since 1971. It's nothing new to me, OK?"

Whew! Sounds as though her successor's act cut deep. Clarkson is rightfully proud of the work she did to raise the profile of our native peoples. It was a high priority for her. Her husband, John Ralston Saul, took it a step further. He produced a remarkable book, A Fair Country, which convincingly makes the case that the Canadian identity is neither anglophone nor francophone. Rather it's our aboriginal ancestry, as he argues, which not only shaped us, but still sets us apart.

But Jean's act, the sight of her bent over, cutting and eating raw seal heart, was startlingly powerful. It will not leave the mind. Instead of sounding catty, Clarkson should welcome it. Relations have been frosty between the two women. Only recently, Clarkson took what appeared to be a veiled shot at Jean for getting her geography wrong in mixing up British Columbia's Coastal Mountains and the Rockies.

In another tut-tutting display, Clarkson said future aspirants for the GG's position should be required to undergo a Canadian knowledge quiz.

She was a rare Governor General, but the thought that Jean can shine as well should not get under her skin. What both women have demonstrated is that the GG's office is of far more than ceremonial importance.

Last December, Jean made the historic decision to save the Harper government by granting prorogation of Parliament right after it had begun a new sitting. Her ruling was defensible, but she let the country down in her refusal to explain her reasoning behind it. Democracies of the 21st century require more openness than that.

But with her iconic act at Rankin Inlet, Jean has shown her mettle. She has demonstrated that she is in a league with Adrienne Clarkson. More importantly, she has given our often forgotten native peoples an empowering image that will be remembered forever.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Why government participation doesn't work

Bailout **Series**

(Editor's note: This is the second part of a three-part series by Charles Davies on financial bailouts.)

One of the most ominous aspects of the auto industry bailouts is the renewed blossoming of government participation in the private sector. Including actions in the U.S., this means working partnerships with car companies and financial institutions.

It's a degree of government involvement in the private sector not seen since the New Deal of the 1930s.

Desperate times may call for desperate measures, but there are good reasons to question the wisdom of government becoming owners/partners in private enterprises.

In reality, we live in a mixed economy in which government commingles with private businesses in a variety of ways. But as much as possible, the market should be the preserve of private, not public, enterprise. Owners of private companies freely make choices that involve risks, the biggest being loss of capital. Governments are there to preserve and protect the integrity of the marketplace and the interests of individuals rather than take business risks.

Government intervention to prop up particular companies such as the domestic auto uses taxpayer power to disrupt the workings of the marketplace. In the normal order of things, companies rise, prosper and sometimes fail, only to be replaced by younger, more vigorous enterprises. Money and jobs are lost here, but profits and jobs are made there. Call it market Darwinism.

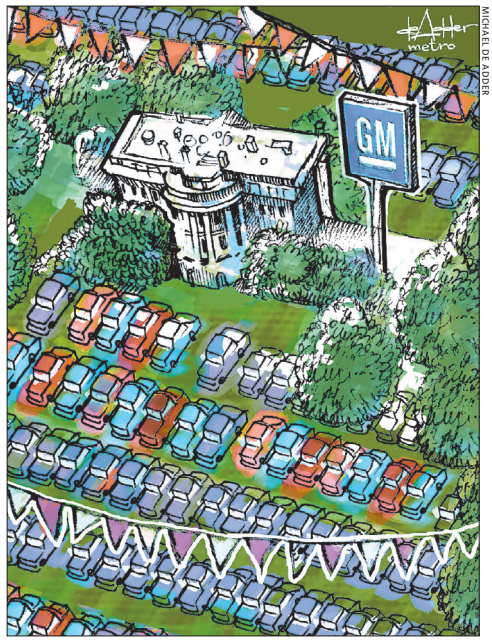
When government messes with this natural order it does a few things. It confers value to stock or debt that might not otherwise exist. It skews the decision-making process within companies. It favours one competitor over another, the latter being the successful player that isn't being bailed out. It also favours some individuals over the rest of us. It is not what you call fair treatment.

But mostly, as Canadian history illustrates, government participation breeds failure. Starting with the Newfoundland government's subsidization of the Come-by-Chance oil refinery in the early 1970s, the last generation provides a litany of boondoggles. Think of New Brunswick's expensive flirtation with the Bricklin, Quebec's investments in everything from asbestos to steel, and just about everything ever touched by British Columbia Resources Corp.

Federally, consider Ottawa's failed aerospace adventures with Canadair and deHavilland, the dismal investments of the late and unlamented Canada Development Corp. and high-tech washouts like Consolidated Computer. There are more where these came from. When government lays our money on the line by investing in a business like the now officially bankrupt General Motors, count on them losing it.

Thursday: What government ought to do to help business.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



MICHAEL DE ADDER

Letters

Measure of success means being able to adapt

In reading Mr. Girolami's comments (Letters, June 1) about GM "building more than 1,300 vehicles a day, with regular Saturday shifts for most of that time, which customers had an insatiable appetite for," indicates that many GM employees still haven't figured out that the measure of success is not what happened for the last 15 years, but to be able to adapt to the trends of today and stay ahead of the curve.

The fact the Oshawa Truck Assembly Plant thrived for 15 years misses the point of why GM has failed. The simple fact is the vast majority of us don't want to buy gas-guzzling trucks and cars anymore.

Unfortunately, GM (along with Ford and Chrysler) took too long to correlate the upward trend in the cost of oil/gasoline into their strategy for car design, where companies like Toyota and Honda were creating hybrid and fuel-efficient vehicles more than a decade ago.

It's a shame taxpayers' money now has to be used so the Big 3 automakers can try to learn from their mistakes. If only all Canadian companies were so fortunate to get a second chance when their business plans failed.

RYAN PUMP, TORONTO

Tired of footing the bill for others' mistakes, greed

Re: Letter — Province has obligation to help GM pensioners, May 28

While Ms. Dobby presents some valid points, we should remember that if GM had built more reliable products, we might not all be in this position of having to support a company that did not consider the consumer when manufacturing its products.

I, for one, am tired of footing the bill to pay for others' mistakes, greed and retirement, as every Ontario taxpayer should be. Let us not forget we are still paying the Debt Retirement Charge forced on us by Ontario Hydro more than 10 years ago.

Will this be the same with GM pension payments? And at what point is GM responsible for its employees' pension? Unlike GM autoworkers, I do not have a generous company retirement plan and am finding it difficult to save for my "golden" years. So who will pay for my retirement/pension?

KAREN BREYER, TORONTO

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Deere & Co. names new chief exec
Deere & Co. yesterday named Samuel R. Allen as its next chief executive, succeeding Robert W. Lane as head of the world's largest farm equipment maker. THE ASSOCIATED PRESS

Business

DOLLAR		OIL	TSX
0.06¢	C$ $91.66 US	$68.58 US	10,604.06
	US$ $1.0910	$2.27	233.99

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Economy contracts 1.4%

Canada's economy shrank 1.4 per cent in the first three months of 2009, the biggest quarterly contraction since 1991, but not as bad as many forecasters had predicted.

On an annualized basis, it amounted to a 5.4 per cent decline in the gross domestic product. Many forecasters had warned of a record-setting number as high as nine per cent, and even the Bank of Canada had pegged the economy shrinking a massive 7.3 per cent.

But a better-than-expected February and March showed there was more than just talk behind speculation that "green shoots" were starting to appear on the barren landscape.

The economy now appears to be bottoming. The worst appears to have occurred several months ago, during the truly dark days of the recession in November, December and January.

But economists with the Bank of Nova Scotia cautioned against too much optimism, pointing out the first-quarter decline was broadly based and was still the worst since 1991.

Goods-producing sectors crashed 15 per cent with all sectors retreating and motor vehicles and parts accounting for half the decline.

Construction fell 13 per cent, while services contracted a much more moderate two per cent, largely as a result of the strength in the public sector and finance, insurance and real estate offsetting substantial fall-offs in services such as wholesale trade.

THE CANADIAN PRESS

Spending

- A big surprise was that consumer spending was a better-than-expected minus 1.6 per cent.

GM files for bankruptcy protection

AUTO General Motors Corp. filed for bankruptcy protection yesterday as the iconic U.S. automaker rid itself of decades-old financial burdens and shed thousands more jobs in a streamlining aided by massive help from the Obama administration and $10.5 billion from Canada.

GM's bankruptcy filing is the largest ever for a U.S. industrial enterprise and puts the U.S., Canadian and Ontario governments firmly in control of the company, although U.S. President Barack Obama tried to ease concerns that government bureaucrats will run the day-to-day affairs of the world's second-biggest carmaker.

Obama said the U.S. government will own 60 per cent of the new GM, while the two Canadian governments will hold about 12 per cent in return for their $10.5-billion contribution.

In Toronto, Prime Minister Stephen Harper said Canada had no choice but to bail out the battered automaker, which has been producing cars in this country for just more than a century. Without federal and Ontario aid, the pressure to shift thousands of GM jobs to the United States from Canada would have been enormous.

MARK LENNIHAN/THE ASSOCIATED PRESS

U.S. President Barack Obama's Washington news conference is shown on a video monitor yesterday in New York. General Motors filed for Chapter 11 bankruptcy protection yesterday, putting the U.S., Canadian and Ontario governments in charge of the company.

GM will rely on $30 billion of additional financial assistance from the U.S. Treasury Department as it reorganizes. That's on top of about $20 billion in taxpayer money GM already has received in the form of low-interest loans.

THE CANADIAN PRESS

Stocks rally after positive data

MARKETS Stock markets charged ahead yesterday as better-than-expected data on the GDP persuaded some investors that the global economy is improving, even as General Motors Corp. filed for bankruptcy protection.

Toronto's S&P/TSX composite index ran up 233.99 points to 10,604.06, continuing the spring rally that is almost three months old, led by higher energy stocks.

Gains were broadbased with declines registered only by the consumer staples and gold sectors.

The TSX Venture Exchange climbed 16.47 points to 1,140.55.

New York's Dow Jones industrial average jumped 221.11 points to 8,721.44 as GM's filing was widely expected.

The Nasdaq composite index gained 54.35 points to 1,828.68, while the S&P 500 index added 23.73 points to 942.87.

THE CANADIAN PRESS

Business in brief

DRUGS AstraZeneca PLC and Merck & Co. said yesterday they will jointly develop a pair of drugs meant to hit cancer with a one-two punch, part of a trend of combination cancer treatments.

SELLOFF Health sciences company MDS Inc. says it will sell off two business units that employ a total of 1,400 people in several countries as the result of a strategic review of its operations. METRO NEWS SERVICES

WALK FOR THOSE WHO CAN'T AND HELP FIGHT ALS!

WALK for ALS
MARCHE pour la SLA

Toronto WALK for ALS – Saturday, June 6 2009

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Imagine being in a wheelchair, unable to move. Imagine being unable to speak or eat. Imagine having ALS – Lou Gehrig's disease – a fatal illness devastating more than 1,000 Ontario families.

Join the ALS Society of Ontario and hundreds of our clients and supporters at the Toronto WALK for ALS, one of seven walks in the GTA and 28 across the province. Last year Toronto raised more than $120,000 for equipment, support services and research for a cure. Imagine helping us raise even more this year!

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METRO NEWS SERVICES

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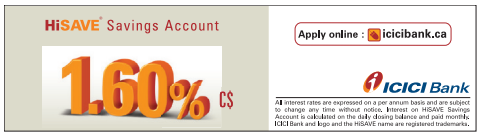
1.0%	0.75%	1.05%	1.6%	1.35%	0.75%	0.75%	1.0%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money



EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Keep emotions in check

Property buyers must stay cool-headed to avoid bad decisions

AlisonOnMoney

If your heart governs your home-buying decisions, your wallet will pay the price for a long time to come.

Just a year ago, condo and single-family sales agents were crowing over multiple bids to buy and delaying presentation of offers, anticipating competitive top-ups from anxious buyers desperate to grab their piece of the real-estate pie.

Purchasers became supplicants — that in itself was incredibly annoying.

I recall one friend who was delighted to be "chosen" as the new owner of a semi-attached because, though her bid was a smidge below others, she had two Burmese and the feline-fan vendor thought the house would "miss" having kitties around.

Another buyer actually brought her two children around to be approved by the owner. Yuck!

But now, with real estate sagging back into the realm of sensible from coast to coast, you'd think buyers would be immune to purchase panic. Not so.

The memory of the powerful recent seller's market is bound to linger, especially among first-time and move-up buyers who tend to be more emotional and anxious than those simply buying because of a job transfer.

It is vital to keep emotions in check when looking for property. Even now real estate agents are telling prospective purchasers that the market won't be down for long and those who don't get in now will be shut out. Resist such pitches.

The fact is those who live in a home for years will ride out short term ups and downs.

However, if you let your emotions get in the way you could be paying the price for a long time to come in the form of a house you can't really afford, a design that doesn't fit or repairs that drive you more deeply into debt.

Friends, family and even colleagues can provide an excellent emotional reality check. Take advantage of those with experience in home ownership, renovations and financial management.

They may spot flaws in both the house and your financial plan that you are inclined to ignore.

Property love, after all, hides a multitude of sins.

Alison's Money Rule:

- Like falling in love, emotions run rampant when purchasing property. Keep them in check or you'll be paying for years to come.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investing

Allan Small discusses the rising value of the Canadian dollar at metronews.ca/investing.

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Frankfurt	Travel Jun 10 - Jun 16/ts	$149 + taxes & fees $318
Rome	Travel Jun 6, 7 - Jun 13/ts	$229 + taxes & fees $296
Paris	Travel Jun 12 - Jun 21/ts	$245 + taxes & fees $337
Edinburgh	Travel Jun 9 - Jun 17/ts	$249 + taxes & fees $385

Airfares

HALIFAX
$99
Travel Jun 16 - Jun 23/wg + taxes & fees $183

New York City	Travel Jun 15 - Jun 22/pd	$189 + taxes & fees $115
Cancun	Travel Jun 10 - Jun 17/ts	$265 + taxes & fees $277
Costa Rica	Travel Jun 13 - Jun 20/ac	$265 + taxes & fees $183

Holidays

LONDON
STARTER PACKAGE
$289
Royal National + taxes & fees $382
INCLUDES roundtrip airfare and first 2 nights 3-star central accom with breakfast. Travel Jun 13 - 20/vat/ts. ADD London Eye champagne experience from $62.

Las Vegas 4 Nights $235
Circus Circus + taxes & fees $230
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Jul 12/swg/wg. UPGRADE to 4-star Bally's from $10 per night.

Germany Fly & Rail $399 + taxes & fees $318
INCLUDES roundtrip airfare to Frankfurt and a 4-day rail pass to explore Germany at your own pace. Travel Jun 10 - 16/ggv/ts.

Paris Starter Package $419
Hotel All Seasons Paris Bercy + taxes & fees $337
INCLUDES roundtrip airfare and first 2 nights 3.5-star central accom with breakfast just steps from the Metro. Travel Jun 12 - 21/vat/ts. ADD Heart of Paris bike tour from $59.

Ft Lauderdale 4th of July $589
Lauderdale Beachside Hotel + taxes & fees $151
INCLUDES roundtrip airfare and 7 nights 3-star beachside accom during the American Independence Day. Departs Jul 1/wsv/ws.

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Canada on Sale Holidays

Quebec City Canada Day $394
Best Western City Centre + taxes & fees $126
INCLUDES roundtrip airfare and 3 nights 3.5-star accom just a few steps away from the Old Quebec City. Departs Jun 30/wsv/ws.

Vancouver Getaway $579
Best Western Sands by the Sea + taxes & fees $113
INCLUDES roundtrip airfare and 3 nights 3-star accom just a half block from the beach at English Bay. Departs Jun 24/ggv/ws.

St Johns Weekend $649
Murray Premises + taxes & fees $156
INCLUDES roundtrip airfare and 3 nights 4.5 star accom located in the heart of historic downtown St Johns overlooking the picturesque entrance to the harbour. Departs Jun 18/wsv/ws.

Calgary Stampede $699
Sheraton Cavalier Hotel + taxes & fees $155
INCLUDES roundtrip airfare and 3 nights 4-star central accom during the Calgary Stampede. Departs Jul 3/wsv/ws. ADD Calgary Stampede Chaps & Chucks Silver Section package from $174.

All-inclusive Holidays

VARADERO
4-STAR
$385
Tuxpan Hotel + taxes & fees $210
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Jun 12/swg/wg.

Puetro Plata 4-Star $367
Grand Paradise Playa Dorada + taxes & fees $315
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Jun 11, 18/nol/ts.

Punta Cana 4.5-Star $467
Grand Oasis Bavaro (Cameleon Select) + taxes & fees $315
INCLUDES roundtrip airfare, transfers and 7 nights 4.5-star all-inclusive accom. Departs Jun 18/nol//ts.

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Florida Cruise & Stay Family Special $679^
Carnival Inspiration + taxes & fees $169
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Planning for savings

MoneyMatters

Q I graduated from university five years ago and have never been unemployed. But I have nothing to show after all these years. Between student loans, rent, entertainment etc., there's nothing in my bank account. Should I get a loan or line of credit and pay off all my debts? How can I save when there's nothing left at the end of the month?
— Gregory, Toronto

A Your problem appears to be not having goals and a financial plan. Like business owners, individuals should have objectives and a road map to achieving them.

- Write down what financial goals you'd like to accomplish in a specific time frame. Once you have a number, work backwards to figure out how to attain it.
- Have a monthly budget that itemizes your cash flow from earnings and all your fixed expenses. Anything left over is discretionary. Health-club memberships and Sports Illustrated subscriptions are not fixed expenses.
- Pay for things using debit, not credit cards.
- Set up an RRSP with an automatic deduction from each pay cheque.
- Pay off credit card balances each month and search for cards with the lowest rates. Get rid of high-interest department store and gas cards.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca or 416-489-7800.

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Bosh goes digital

Chris Bosh and Warner Music Canada announced an agreement yesterday to produce a DVD and CD with a fall 2009 release date, and also announced Bosh's application for iPhone and iPod Touch. Bosh is giving unsigned artists a chance to submit material for consideration on his CD through www.chris-bosh.com. TORSTAR NEWS SERVICE

Sports

Habs hire Martin

Jacques Martin, left, is the new head coach of the Montreal Canadiens. The Canadiens hired the 1999 NHL coach of the year yesterday and he will replace general manager Bob Gainey behind the bench. Martin had been GM of the Florida Panthers for the past three seasons and coached the club from from 2004-08. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

French Open **Wozniak's run over**

CLIVE BRUNSKILL/GETTY IMAGES

Aleksandra Wozniak of Blainville, Que., hits a forehand during her fourth-round match against Serena Williams yesterday at the French Open at Roland Garros in Paris. The 21-year-old was the first Canadian woman in 17 years to make the fourth round of the tournament, but lost 6-1, 6-2 in just 53 minutes.

SCOREBOARD

MLB

AMERICAN LEAGUE

YESTERDAY
N.Y. Yankees 5 Cleveland 2
Oakland at Chicago White Sox
Baltimore at Seattle

TODAY
L.A. Angels at **TORONTO**
Boston at Detroit
Texas at N.Y. Yankees
Kansas City at Tampa Bay
Cleveland at Minnesota
Oakland at Chicago White Sox
Baltimore at Seattle

NATIONAL LEAGUE

YESTERDAY
Pittsburgh 8 N.Y. Mets 5
Florida 7 Milwaukee 4
Houston 4 Colorado 1
Cincinnati at St. Louis
Philadelphia at San Diego
Arizona at L.A. Dodgers

TODAY
N.Y. Mets at Pittsburgh
San Francisco at Washington
Chicago Cubs at Atlanta
Milwaukee at Florida
Colorado at Houston
Cincinnati at St. Louis
Philadelphia at San Diego
Arizona at L.A. Dodgers

NHL

TODAY
Detroit at Pittsburgh
THURSDAY
Detroit at Pittsburgh
SATURDAY
x-Pittsburgh at Detroit
TUESDAY
x-Detroit at Pittsburgh
FRIDAY
x-Pittsburgh at Detroit

NBA

THURSDAY
Orlando at L.A. Lakers
SUNDAY
Orlando at L.A. Lakers
TUESDAY
L.A. Lakers at Orlando
THURSDAY
L.A. Lakers at Orlando
SUNDAY
x-L.A. Lakers at Orlando
TUESDAY
x-Orlando at L.A. Lakers
THURSDAY
x-Orlando at L.A. Lakers

x - Only played if necessary

Pens not worried yet

Pittsburgh confident despite being down two games

(Detroit leads series 2-0)

Detroit at **Pittsburgh**

VS

"We haven't got the results we wanted, but right to the end of both games we stuck to our game plan and kept going."
Dan Bylsma, Penguins head coach

Sidney Crosby and Evgeni Malkin took turns leaving the ice in anger and frustration after the opening two games of the Stanley Cup final in Detroit.

But Pittsburgh Penguins coach Dan Bylsma is confident both of his star centres will have their minds only on hockey for Game 3 when the best-of-seven series resumes tonight at Mellon Arena in Pittsburgh.

The Red Wings lead the series on a pair of 3-1 home wins despite being outshot in both games and outchanced in Game 2, thanks mostly to stellar goaltending from Chris Osgood.

"We haven't got the results we wanted, but right to the end of both games we stuck to our game plan and kept going," Bylsma said yesterday. "We're emotionally attached, but I don't see the frustration lasting longer than getting to the bench and getting ready for the next shift."

Still, the Penguins made neither Crosby nor Malkin available to the media on a day of off-ice work only for the team. Bylsma said he preferred to give other players the spotlight for a day.

At the end of Game 1 on Saturday, Crosby whacked Kirk Maltby on the skates and got into a verbal exchange with the Detroit veteran.

And with 12 seconds left in Game 2 on Sunday, Malkin jumped into a melee in front of the Detroit net and got into a fight with centre Henrik Zetterberg.

Malkin was given an instigator penalty, which calls for a one-game ban when it happens in the last five minutes of a game. But NHL disciplinarian Colin Campbell rescinded the suspension because it was not a retaliation or intended to serve as a message for the next game.

Bylsma said Malkin knows full well he will have to be more in control in future.

"They try to come after you in different situations throughout the playoffs. He has to make sure to keep it in check. We're not going to talk about it again. We've talked about it a couple of times with Gino."

THE CANADIAN PRESS

New NFL stadium greener

The New York Jets and Giants signed a memorandum of understanding with the Environmental Protection Agency that will make their new $1.6-billion US football stadium in the New Jersey Meadowlands one of the greenest in professional sports.

The agreement details ways the teams will reduce air pollution, conserve water and energy, improve waste management and reduce the environmental impact of construction on the stadium that is scheduled to open for the 2010 season.

Recycled steel, concrete and aluminum are being used in the building. The 82,500 seats are being made from recycled iron and plastic.

One goal is to reduce average annual water demand by 25 per cent compared to the current Giants Stadium. Waterless urinals will save 2.7 million gallons of water and the synthetic turf will save 3.5 million gallons compared to natural grass. Energy-efficient products are expected to reduce energy consumption by 30 per cent. New mass transit links are expected to eliminate nine million kilometres of car travel per year.

"The Meadowlands has been our home for many, many years," Giants chief executive John Mara said. "We owe it to our neighbours and fans and to our team and our employees to adopt the most environmentally responsible approach possible."

THE ASSOCIATED PRESS

Sports in brief

HOCKEY The Kontinental Hockey League's first NHL-style draft was heavy in home-grown Russian talent and light on North Americans. John Tavares of Oakville was passed over by Russian clubs in the draft of junior players aged 17 to 20. Since the London Knights forward seems destined for the NHL, KHL clubs shied away from using a draft pick to obtain his rights.

NFL Headed into contact talks with the players' union, NFL commissioner Roger Goodell says there is no timetable to reach a new agreement. Goodell and the owners will meet with the NFL Players Association tomorrow to begin negotiations.

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Watch It's Called Football at **www.metronews.ca/blogs** for the latest on MLS, Voyageurs Cup and Canadian soccer. METRO NEWS SERVICES

'86 World Cup team inducted to hall

SOCCER The 1986 men's national team, the only side to ever qualify for the World Cup, will be inducted into the Canadian Soccer Hall of Fame Saturday, in a ceremony that also includes eight individuals.

The 1986 team, which clinched its place in Mexico with a 2-1 victory over Honduras in St. John's in 1985, went on to lose all three games and not score a goal in the tournament.

Other inductees to the Hall of Fame in Vaughan for 2009 include: Former men's national team members John Limniatis, Mike Stojanovic and Neil Ellett; one-time women's team member Joan McEachern; former FIFA referee Bob Sawtell; and Derek Wisdom, New Brunswick's "Mr. Soccer."

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Voyageurs Cup on the line

TFC can clinch championship with win or draw tonight in Vancouver

In 2011, Toronto FC and the Vancouver Whitecaps will begin meeting regularly in Major League Soccer games, an instant rivalry of the league's two Canadian teams.

Consider tonight a preview.

The two sides play at picturesque Swangard Stadium with the Nutrilite Voyageurs Cup on the line.

A win or a tie by TFC and they would win the Canadian championship and set the stage for international competition in Toronto this summer, fall and, if things go well, into winter.

But a win by the hosts, the defending United Soccer Leagues First Division champions who have been given an MLS franchise to begin play the season after next, and the pressure will be on TFC to beat Montreal June 18 and then rely on tiebreakers to take the title.

"It's a game for more than pride," Bob Lenarduzzi, president of the Whitecaps and a former Canadian international, said yesterday.

"The natural rivalry between Toronto and Vancouver will look after itself when we are in MLS," he said. "But we have a head start on it because it (tonight) is a pretty significant game."

Toronto opened the second annual competition beating Vancouver 1-0 at BMO Field on May 6, a game dominated by the home side.

TFC followed that up a week later with a 1-0 win over the Montreal Impact, last year's champions.

But Vancouver has climbed back into the race by beating Montreal in consecutive games — 2-0 on the road and 1-0 at Swangard last week to set up tonight's key matchup.

"It's an important game," TFC coach Chris Cummins said before the team left Toronto. "It'd be the first bit of silverware for the club and, obviously, it'd give the fans something to talk about."

The winner of the Canadian title gets to take part in the CONCACAF Champions League against the top teams in North America, Central America and the Caribbean.

TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

Toronto's Chad Barrett and Vancouver's Wesley Charles battle for the ball during their May 6 game in Toronto. The teams meet again tonight in Vancouver and the game may determine the Voyageurs Cup winner.

Tiebreakers

Should the Canadian championship be tied after group play, the winner will be determined by the following:

1. Most points in all group matches;
2. If two or more teams are tied, then the team with the greatest number of points in matches featuring tied teams;
3. If teams are still tied, then the greater goal difference in matches featuring tied teams.

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Investment in university campus projects
The federal and Ontario governments announced joint infrastructure funding for the province's colleges and universities. Funding includes $50 million for the University of Western Ontario and $28 million for the University of Ontario Institute of Technology. METRO NEWS SERVICES

Workology

La Cité in Toronto

La Cité collégiale has opened a business office in Toronto with the goal of getting a better understanding of the needs of francophones and employers in central south-west Ontario regarding PSE, thereby allowing for greater access to college-level studies in French. Through the new business office, La Cité hopes to improve access to a variety of programs offered exclusively in French in Ontario. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Cooking with Conviction

Ex-cons staff new King-West restaurant

RAFAEL BRUSILOW
for Metro Canada

Veteran Toronto chef and restauranteur Marc Thuet is taking a bite out of crime the only way he knows how — by putting former convicts to work creating food worth biting into.

In a former life, the staff of Thuet's most arresting restaurant, Conviction, may have robbed a local bank branch or sold their last belongings to feed an addiction to drugs.

Now, they create and serve gourmet-quality food to customers and relish a second chance to make something meaningful of their lives.

"You have to have balls to do it. Passion is important and you can see (the staff) are very passionate about food."
Chef Marc Thuet, pictured here with his wife and business partner, Biana Zorich

Located in Toronto's King-West neighbourhood, Conviction's kitchen and dining room is staffed by 13 ex-convicts — seven in the kitchen and six out on the dining floor.

Wary diners can relax, however — there are absolutely no murders, rapists or violent offenders among the roster. Instead, most of the ex-cons on staff came to Conviction through non-violent crimes or from having struggled with substance abuse problems, something Thuet is no stranger to himself.

A recovering former drug and alcohol addict, the tattooed, bleached-blond Thuet feels a kinship with the ex-cons in his kitchen who he says are just as worthy of a second chance as anyone.

"It's very important for people to see when you take these people and speak to them, they are nothing like the image people have of them. Once people see that, they're going to realize they're really decent human beings," he said.

Biana Zorich, Thuet's wife and business partner, says so far the staff have been exemplary and she hopes their zeal for doing an honest day's work creating outstanding food will give them back a sense of belonging in society.

"We want to bring back their confidence and self esteem. They're really intent on proving to the two of us how much they care and how honest they are," Zorich said.

Now a saucier at Conviction, Scott Law, 36, always loved food but chose a darker path in life — he was convicted of nine bank robberies throughout Southern Ontario until he was caught in 1994, crimes he did to feed gambling and cocaine addictions. After serving his time, finding work was nearly impossible with his criminal record hanging over him and feels like he's been given an unbelievable opportunity to go straight by Thuet.

"To actually be able to learn from such a wonderful chef is amazing. It's such a recipe for success," Law said.

Production company Cineflix is filming a documentary on Conviction to be aired in fall but for Thuet, the focus is squarely on the food and running a successful business.

Thuet shut down his previous restaurant, Bite Me, to make way for Conviction and invested in big renovations to the kitchen and dining area, something he admits is a big gamble but he is betting on the skill and commitment he's already seen from his staff of ex-cons.

"It's a massive risk. You have to have balls to do it. Passion is important and you can see (the staff) are very passionate about food," he said.

RAFAEL BRUSILOW/FOR METRO CANADA

Chef Mark Thuet oversees saucier Scott Law — who is a convicted bank robber, but has paid his debt to society — in the kitchen of Conviction, the new restaurant on King West staffed by ex-convicts.

Many workers putting off vacation

TIME OFF With only a few days until the official start of vacation season, money, anxiety and guilt are causing some workers to scrap their vacation plans.

More than a third (35 per cent) of workers say they haven't gone on or aren't planning to take a vacation in 2009; 71 per cent of those indicate it is because they just can't afford it, according CareerBuilder's annual vacation survey.

Taking a vacation doesn't necessarily mean a clean break from the office. Half of employers say they expect employees to check in with the office while they are away, with 40 per cent indicating it'll be necessary only if they are working on a big project or there is a major issue going on with the company. Close to three-in-ten (28 per cent) workers say they plan to contact the office at least once, regardless of what they are working on, while they are on vacation.

"While the current economy may be causing workers anxiety about taking a vacation this year, a break from work is essential for maintaining healthy productivity levels in the office," said Rosemary Haefner, vice-president of human resources at CareerBuilder. "Workers should plan ahead and make it a goal to use their vacation benefits; 15 per cent reported that they didn't use all of their allotted time last year. Utilizing your time off is even more important now due to the added responsibilities and pressure that some workers may be faced with due to the current economic situation."

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Metro Workology exclusive: Head to Toe
In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Getting you back on your feet

Chiropodist says helping people with foot issues can increase quality of life

Head to **Toe**

JON TATTRIE
for Metro Canada

Chiropody is for doctors who love a quick hit of success. "I've seen an elderly lady walking in with two canes ending up walking without a cane. Those are the kinds of things that will stay with you forever," says Andrew Springer, a chiropodist in Oshawa, Ont.

"Career-wise, it's a wonderful opportunity for people who like immediate gratification because you get to impact on their quality of life," he explains. "I've often said to family doctors that we're luckier than they are, because so often people go in (to family doctors) when they're sick and they don't see them again until they're sick again. We get to make them feel better."

Springer started out in zoology, but both of his parents independently suggested chiropody to him. "I decided to check it out. I had to chose between bugs and people, and people it was," the past president of the Ontario Society of Chiropodists explains.

Springer, who also served on the board of the College of Chiropodists of Ontario, has been working since 1983. He's plied his trade in hospitals and health-care clinics across Ontario and, like most chiropodists, wound up in private practice. He says chiropodists work hand in hand — or foot in foot? — with other doctors.

"We have to understand about all the body systems and how they're integrated. We have to be in a position to recognize other conditions so we can refer appropriately," he says. "If you stick with a rational treatment plan for somebody, 90 per cent of time you see an improvement in their comfort. It really can be a quality of life issue."

Problems of the feet sometimes point to bigger issues. When Springer worked in a general hospital, he had to rush a patient to emergency. "The evidence I saw in front of me was that he'd recently had a stroke and he didn't even know."

The victim had sat down in his La-Z-Boy and couldn't get up. He had problems walking and went to Stringer in the hopes a shoe insert would sort things out. "They think it's nothing related to anything bigger, 'My feet just aren't working properly.'"

To become a chiropodist, you need an undergraduate degree before studying at a health institute that teaches chiropody.

"It prepares people to deal with all the diseases, disorders and dysfunctions of the foot," says Springer.

Chiropody, the treatment of feet and their ailments, is for doctors who love a quick hit of success.

For more of the Head to Toe exclusive series check Workology frequently or stop by: **metronews.ca/work**

Positives to be found amid recession

Sunny **Side**

SILVER LINING Although the downturn has proven tough for workers, those who are still employed say they're gaining more from the experience than just managing to keep their jobs. Seventy-seven per cent of professionals interviewed cited at least one positive effect the recession has had on their jobs, including the ability to tackle new projects (53 per cent), assume additional responsibility (52 per cent) and take on more challenging work (52 per cent). But according to most respondents, the extra work has yet to be formally rewarded: Only 12 per cent said they have received promotions.

The national survey included responses from 457 workers 18 years of age or older and employed full or part time in an office environment. It was conducted by an independent research firm and developed by Accountemps.

"Because of the realities of today's business environment, firms are working with leaner teams, which has, out of necessity, given many professionals the opportunity to take on greater challenges and expand their skill sets," said Max Messmer, chairman and CEO of Robert Half International. "But some employees may be struggling to keep up, and employers need to ensure they provide the resources staff need to be successful and avoid becoming overburdened."

Messmer added, "While many employees are willing to stick it out during difficult times, companies must be prepared to reward those who have taken on added responsibilities as soon as business conditions improve or risk losing valued staff."

METRO NEWS SERVICES

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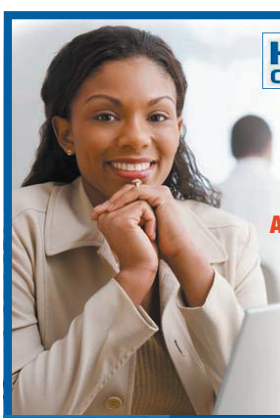
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Colleges get more funding
As part of the second round of federal-Ontario infrastructure funding, 12 provincial colleges are getting money. Funding awarded to colleges including $40 million for Georgian College, $32 million for St. Clair College's Health Sciences Centre, and $16 million for Sault College. METRO NEWS SERVICES

Magazine by teens, for teens

Nova Scotia-based student magazine aims to engage and inspire young writers

Despite standing six foot two, Stacie Lynn Hatt struggled to hold her head high as a student walking the halls of her Halifax-area school.

"I was picked on because of my size, and I was picked on because I didn't have the courage to stand up for myself," says the 18-year-old from Middle Sackville, N.S.

To help herself deal with the situation, Hatt began to explore her artistic side.

Soon, she was battling bullying by telling her story to other teens in Teens Now Talk, a locally produced magazine written by teens, for teens.

Launched in December 2007, the publication is the brainchild of Jessica Bowden, a spirited entrepreneur and motivational speaker from Halifax.

Years ago, Bowden, 53, says she started noticing a disheartening theme during speaking engagements at high schools.

"(Teens are) being told what to do, not being asked what they want to do," she recalls.

The teens wanted a voice, but needed an outlet — and so Teens Now Talk, or TNT as it's known, was born.

The project, which began as a website months before the first issue came out, has grown from its humble, online beginnings to a quarterly magazine with some 1,000 subscribers across Canada, the United States — even a library in Cyprus. Issues are also sold in hundreds of stores throughout Atlantic Canada.

ANDREW VAUGHAN/THE CANADIAN PRESS

Stacie Lynn Hatt, an 18-year-old aspiring singer-songwriter, is shown at home in Nova Scotia. Hatt started to contribute stories to the youth magazine Teens Now Talk, in order to express her views on a variety of youth social issues including bullying.

Hatt, who graduated from high school last year, says the magazine is successful in her eyes simply because it's relatable.

"If a magazine is written by kids for kids, then kids will appreciate it," says Hatt, a singer who writes songs about being bullied and aspires to open her own recording studio some day.

> **"Everything that's in that magazine is what's happening in teenagers' lives."**
> Stacie Lynn Hatt

"Everything that's in that magazine is what's happening in teenagers' lives."

Then there's the "braggin' rights" that come along with having your name and photo in a magazine when you're only 13 to 19 years old, says Bowden.

The magazine's contents include advice columns, recipes, fashion tips, poetry, interviews, entertainment news, as well as teen magazine staples such as horoscopes and embarrassing moments.

Contributor Hillary Taylor of Windsor Junction, N.S., has always had a flair for writing poetry and short stories — horror is her favourite genre, she says.

But, like many budding talents, the 18-year-old's nerves used to get the best of her when it came to reading her writing aloud to an audience.

Being published has helped her overcome that anxiety, she says.

"It's a magazine where everyone can say what they want to say, and no one ridicules them or anything," says Taylor, who graduates from high school in June. THE CANADIAN PRESS

Challenging job market for seasonal workers

EMPLOYMENT With more workers vying for summer jobs this year, those looking for seasonal employment need to prepare for a challenging job market. Nearly a quarter (23 per cent) of employers plan to hire seasonal workers for the summer, in line with last year's findings, but the competition for those jobs will be stiffer than in years past due to high unemployment and a tough economy. This is according to CareerBuilder's Annual Summer Job Forecast.

Those that land summer jobs may have a chance to parlay their roles into year-round positions. More than half (56 per cent) of companies reported that they would consider summer recruits for permanent placement within their organizations.

When it comes to paycheques, nearly eight-in-ten (77 per cent) hiring managers will offer the same pay to seasonal workers this year as they did last year, while nine per cent will offer more. METRO NEWS SERVICES

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Burn 'summer' calories

Intensify outdoor activities and shed weight effortlessly

DENISE SURETTE
For Metro Canada

As the cold weather begins to fade in our memories, many of us become more active as outdoor activities become a little more appealing.

Strolling downtown, riding bikes and gardening are great ways to enjoy the summer months and get our daily exercise. But have you ever wondered how many calories you're actually burning while enjoying the sunshine?

The health benefits to these seemingly relaxing activities are real and help you shed weight and burn calories. By adding extra time or exertion to these activities you can burn as many calories as you would with a trip to the gym.

Fitness expert Shawna Kaminski, owner of Calgary North West Adventure Bootcamp, says that there are lots of ways to further intensify your favourite summer activities to burn even more calories and increase your strength and endurance.

"When moms are at the park with the kids, do push-ups, pull-ups or squats," says Kaminski. "If you see a park bench, do step-ups. There's more you can do than just a run."

iSTOCK PHOTO

According to caloriesperhour.com, beach games such as Frisbee can burn up to 200 calories an hour.

According to caloriesperhour.com, a website devoted to calculating calories burned per hour for almost any activity you can think of, a leisurely bike ride with your family can burn between 200 and 300 calories per hour. If you step up the intensity to a moderately tough ride, that number increases to more than 500 calories per hour.

Beach games such as Frisbee can burn up to 200 calories per hour, and an hour of golf will burn a whopping 350 calories.

Strolling downtown and popping into your favourite shops for a few hours can burn up to 300 calories, while gardening for a half hour burns up to 150 calories.

Taking your dog for a half-hour walk will burn up to 100 calories, but if you increase your speed to a light jog your canine outing could burn as many as 300 calories (the same amount of calories in a bar of dark chocolate).

Kaminski also says that an organized bootcamp in the summer months is a great way to burn calories at an intense rate and still enjoy the warm weather.

"An hour of bootcamp burns 400 to 550 calories per hour," says Kaminski.

burn more

How to burn more calories without the gym:

- Forgo the automatic car-wash. Use the clothesline instead of the dryer.
- Park a few blocks away from your intended destination.
- Take the stairs instead of the elevator.
- Go out dancing.

Saddle up for squats

EXERCISE They say you never forget how to ride a bicycle. But after a winter out of the saddle, those first few rides may be tougher than you remember.

People often take cycling for granted and think they can just pick up where they left off, says Diane Stibbard, a world-class duathlete and the author of the bike training guide Keeping Fit In The Off Season.

Four weeks of pre-bike training can do a world of good. Squats are the way to go, she says.

"Squats are a good exercise for preparing for the cycling season, as they are a 'multi-joint' exercise," Stibbard explains by email. "The joints and their attached muscles — as well as the body's core muscles, which are working to stabilize the body throughout the movement — are all specifically involved in turning the pedals over on the bike."

If a basic squat is too easy, hold weights or stand on a wobbly surface, like a BOSU or a pillow. If you're hardcore, try it balancing on one leg, shoulders and hips square.

DAVID COOPER/TORSTAR NEWS SERVICE

Paola Loriggio demonstrates how to do squats.

Basic Squat

1. Stand with your feet hip-width apart.
2. With your shoulders square, your head facing forward and your back in a neutral position, slowly bend your knees to a 90-degree angle, as if sitting in a chair. Make sure your knees don't go past your feet.
3. Slowly stand up, pressing your weight through your heels.
4. Repeat 10 to 12 times.

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Keeping well-hydrated

Expert tips to replenish nutrients lost through sweating

CELIA MILNE
for Metro Canada

Yeah! The sun is shining, the trees are in bloom and the air is warm. Time to intensify your outdoor workout.

Whether you are into tennis, ultimate Frisbee or soccer, or simply going for a long walk, bike ride or run, keep in mind that you're losing nutrients through sweat.

Even four per cent dehydration decreases your performance, according to Dr. Michael Clarfield, director of The Sports Medicine Specialists Clinic in Toronto.

And there's a more immediate reason to keep hydrated: "There is a direct correlation between muscle cramps and dehydration," says Dr. Clarfield. Muscle cramps are caused by depleted levels of minerals in muscle tissue.

The remedy? If you are working out intensely, you need to continuously replenish with drinks that are enriched with electrolytes, such as sports drinks. This will replace electrolytes lost through sweat.

ISTOCK PHOTO

Remember to do a three to five minute warm-up before exercising and to stretch afterwards to prevent injury.

Here are some other hydration tips from Dr. Clarfield, who is also the company physician for the National Ballet of Canada and team doctor for the Canadian National Tennis Team.

- Don't drink too much water. Plain water dilutes electrolytes and can create a state of hyper-hydration. Drink liquid containing electrolytes as well as water.
- Don't work out if you have flu-like symptoms throughout your body. Your immune system is compromised and exercising can further wear it down. Exercising with just a head cold is probably fine.
- Remember to warm up before exercising and to stretch after exercising to help prevent injury. A good way to warm up consists of three to five minutes of an activity that gradually increases your heart rate. When stretching, remember to engage in gradual, steady movements for 15 to 20 seconds.
- Listen to your body. If you are having trouble breathing or feel pain, immediately stop the activity you are doing.

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Why Detox is Doctor Recommended for Your Health

Can Toxins in the air and food be making you sick?

In today's society, finding the time to prepare and eat healthy meals is a challenge. Together with stress, pollution and chemicals found in food & water, unhealthy diets are impacting our overall health and well being. It's important to help your body eliminate toxins – any substance that creates irritating or harmful effects in the body and undermine your health – reports Dr. Michael Ho.

"After 20 years of practice and from personal experience, I learned that one of the biggest things affecting our health is our digestive tract," he says. "Irregularity causes toxic build up – can lead to things like bloating, irritable bowel syndrome, gas, constipation, chronic fatigue and weight gain," Dr. Ho says. Other symptoms include Candida yeast infections, diverticulitis, indigestion, cramping, heartburn, hemorrhoids and other serious health concerns.

Solution

You can help your body eliminate these harmful toxins with DR-HO'S® Digestive Detox System. With all-natural ingredients, it helps cleanse the intestinal tract by eliminating fats, built-up toxins, parasites, and bad bacteria from the digestive system.

If you're doing a cleanse for the first time, Dr. Ho recommends a 60 or 90 day cleanse. "Because the toxins in your body have accumulated over time, it can take 60 to 90 days of detox to rid years of build up" he says. The system is very easy to use. You do not need to change your eating habits. "Even if you have a sensitive system, this system won't cause diarrhea or cramping," says Dr. Ho. "You don't have to change your lifestyle, because it's a complete cleanse." "Our detox program is safe for diabetics and people on medications", says Dr. Ho. There's even customer support available to answer any questions you may have while on the cleanse.

The benefits of detox are numerous. "After just a couple of weeks, you can expect daily bowel movements, less boating and within 4 - 6 weeks, you can lose up to 15 pounds and your abdomen will start to appear flatter. You'll feel lighter, more energetic and have more restful nights," says Dr. Ho. The system has earned rave reviews. "A lot of people notice that they lose weight, their hair, skin and nails look nicer, they're more regular and feel more energetic and healthier, which is because the body is able to absorb nutrients better. Once people start a detox, they naturally want to eat better and will continue to feel better, which is why I recommend families do this together."

Surrounded by Toxins

No matter how careful or clean, you are inevitably exposed to potentially harmful toxins every day. Today's food, water and environment are littered with toxins that are difficult, if not impossible, to avoid:

Toxic Facts

The Environmental Protection Agency reports that in 2002, almost 4.79 billion pounds of toxins were released into the atmosphere from 24,379 U.S. facilities. Within these pollutants, 72 million pounds were identified as carcinogens (cancer causing).

An analysis of over 22 million tap water quality tests found in excess of 300 contaminants in water served to the public. Of those pollutants, they found:

- 83 agricultural pollutants
- 59 contaminants linked to wastewater treatment
- 166 industrial chemicals from consumer products and factory waste
- 52 linked to cancer
- 41 linked to reproductive toxicity
- 36 linked to development toxicity
- 6 linked to immune system damage

"95% of chemicals used in fragrances are synthetic compounds including many toxins that are capable of causing cancer, birth defects, central nervous system disorders and allergic reactions.

"Studies show pesticides can cause leukemia, brain tumors and lymphomas.

The reality is that we cannot avoid contact with toxins, but we can help protect our health by detoxing our bodies through a digestive detox.

For more information on how DR-HO'S Digestive Detox can help you, please visit www.DrHoNow.com.

Before

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DR-HO'S Detox helps with:

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- Weight Gain
- Candida Yeast Infection
- IBS (Irritable Bowel Syndrome)
- Water retention
- Heart Burn / Indigestion
- Diverticulitis

Do You Need To Detox?

	YES	NO
Do you feel bloated?	☐	☐
Do you suffer with digestive problems including IBS?	☐	☐
Do you feel tired?	☐	☐
Have trouble losing weight?	☐	☐
Hair, skin & nails look dull?	☐	☐
Do you go to the washroom less than 2-3 times a day?	☐	☐

If you've answered "YES" to any of the above, you need to detoxify your digestive system.

Benefits of Detox!

- ○ Lose weight
- ○ Bloating & gas relief
- ○ Increase energy
- ○ Regular bowel movements
- ○ Reduce food cravings
- ○ Beautiful hair, skin & nails
- ○ Boost your immune system
- ○ Improve your health

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* Dr.Ho recommends detoxing for 60-90 days for a first time cleanse

Nicole C. "I lost a few pounds, I had more bowel movements, my energy increased, the bloating really decreased and I had no more cravings, It's like a weight off my shoulders except it's my stomach."

Audrey K. "I've had constipation all my life and Type 2 Diabetes for 10 years. I have lost 35 pounds of fat off my body. I look better, feel better and take no more meds."

Dan F. "DR-HO'S Ab-Trimmer has given me my life back. I suffer from IBS but, now I am enjoying the best health I've ever had in my adult life."

Alecia N. "I immediately noticed that my stomach felt flatter, my clothes felt looser, and my bowel movements were more regular!"

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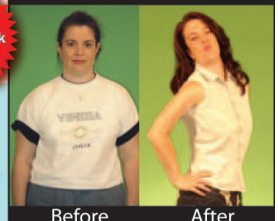

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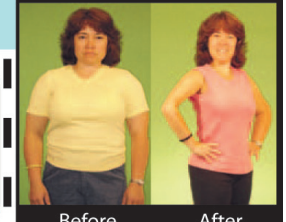

Before After

Made-in-Canada beauty brands

Up-and-coming names that are sure to become staples in your hair and skin routine

WAHEEDA HARRIS
For Metro Canada

Who doesn't love to find a new beauty product — especially if it's Canadian? We've seen M.A.C skyrocket into a world-recognized brand and Cake Beauty become a coast-to-coast fave, but what's around the corner to add to your beauty cache?

With niche or "indie" brands now a bigger trend than ever, we've zeroed in on five up-and-coming Canadian companies that we think represent the new wave. Some focus on locally sourced ingredients, others on the exotic or on the natural — and all may just be the next big thing.

1. Ojon

Burlington, Ont.-based Ojon Corp. creates products with sustainable, hand-harvested ingredients from the Central American rainforest. The Tawira Indians, a Honduran aboriginal group, have used ojon nut oil for hundreds of years as a superb hair moisturizer; hair easily absorbs the oil without leaving a film or greasy feeling.

All ojon nut oil used in Ojon hair products is wild-sourced (not cultivated or farmed) as well as sustainably harvested. With the help of a Honduran non-government organization, an exclusive agreement for ojon nut oil has been established between the Tawira people and Ojon.

Left to right: Desert Youth 4X with Ectoin serum ($65, 15 mL, isomers.ca); Ojon Restorative Hair Treatment ($65, 150 mL, ojon.com or sephora.com); Escents Headache Relief Roll-on with peppermint and lavender oils ($17, 9 mL, escentsaromatherapy.com).

2. Isomers Laboratories

We love that many of the company's products come in simple brown apothecary-style bottles. Isomers emphasizes natural ingredients, and works with research scientists around the globe to develop leading-edge anti-aging skin care.

The company includes extensive FAQs on its website to address issues such as uneven skin tone, sun damage, dryness and acne.

3. Mèreadesso Woman

What's the appeal? Simplified skin care. Dismayed by the endless beauty options and the need for numerous moisturizing steps and products at various ages, creator Linda Stephenson debuted with just two moisturizers, one for face and one for body. They help protect and moisturize at any age and contain ingredients such as aloe vera, white tea, cucumber, apple, rosemary, zinc, copper and vitamins A, E and C. Recently, she added a multitasking cleanser to the mix.

4. Salt Marsh Sisters

Using locally sourced rose petals, rosehips, cranberries and black spruce needles, as well as organic botanicals found in and around the salt marshes of the eastern shore of Nova Scotia, the collection includes bath bombs, scrubs, hydrosols (aromatherapy sprays), soap and lip balm.

Products do not contain artificial additives, synthetic fragrances or sulphates, and (when available) use 100 per cent organic oats as well as palm and coconut oils. Quantities are limited to the availability of regionally and seasonally harvested ingredients.

5. Escents

The Escents collection includes essential oil blends, soaps, bath bombs, body washes, dry oil mist, body lotions and home scent accessories. Products are biodegradable and free of phosphates, synthetic dyes, parabens and petroleum-based ingredients.

They are promoted as being safe for babies, children and adults. For those seeking an even more natural experience, Escents Naturals is certified organic and sulphate-free.

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METRO WORLD NEWS

When practising breathing exercises, remember to make your inhalations and exhalations smooth and even. If you slow down your breath, your mind will become more clear and still.

Use your breath to de-stress

MAGGIE SAMWAYS
Metro World News

Katrina Repka has been teaching yoga for the past 15 years and has recently been named a Yoga Master.

As well as being a full-time mother, she is the author of the book Breathing Space and teaches one-on-one yoga classes.

Here are her tips on how to use your breath to de-stress:

1. Take a full, deep, breath. Stress in the body often creates tension in the breath. Imagine you're wearing a bodysuit that's too tight — it's hard to breathe. Taking a full, deep breath will help you to let go and release. Close your eyes and take 10 slow, deep breaths in and out through your nose, then notice how you feel.

2. Make your inhalation and exhalation smooth and even. Changing the patterns of your breath changes the patterns of your mind and hence your life. Slow down your breath and even out your inhalation and exhalation to become more clear and still.

3. Lengthen your exhalation. To alleviate anxiety, focus on deliberately and gradually lengthening your exhalations. For example, if you notice that you usually breathe out for a count of three, try a few breaths where you exhale for a count of four. Then increase the length of the exhalation to a count of five, six, seven and so on. Continue until you find the length that suits you.

4. Link your breath with movement. Sit on the floor with your hands by your sides. Inhale and slowly reach your arms up above your head, exhale and slowly lower your arms down. Try to match your breath with your movement.

5. Meditate on your breath wherever, whenever. Running on a treadmill? Washing dishes? Focus on your breath to turn each activity into a meditation. This will bring you into the present moment and remind you to slow down and chill out.

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Work on wobbles with tricep dips

FITNESS Toning up those jiggly arms isn't just about looking good in a sleeveless dress (though it certainly helps that, too).

A strong upper body reduces your risk of injury in day-to-day activities, says Daniela Nahas, co-founder of the Best Body Bootcamp and our guide to getting in shape for the summer.

"You'll perform simple exercises much more effectively: picking up your kids, running with your dog, carrying heavy boxes, and any movements that require you to push and pull."

And if it gets you closer to Michelle Obama arms, so much the better.

Nahas recommends tricep dips, a simple move that targets the back of the arm — a weak area in women, she says, and one prone to telltale wobbles.

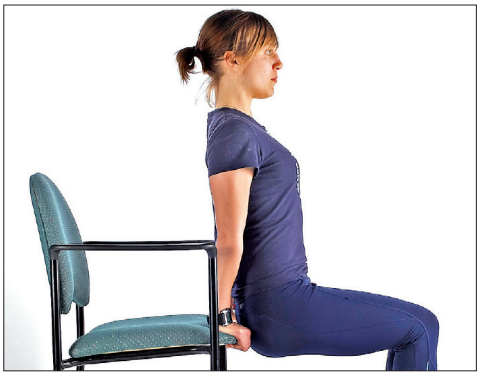
Tricep dips

1. Sit at the edge of a chair or bench, feet flat on the floor in front of you. Hold on to the chair/bench seat, on either side of your thighs.

2. Move your butt forward off the chair, supporting your weight with your arms, with knees bent 90 degrees.

3. Slowly bend your elbows and lower your body straight down, keeping your shoulders, back, and butt close to the chair/bench.

4. Raise yourself back up and return to sitting position. Repeat as many times as you can; this is one set – do three sets. For an additional challenge, do the move with your legs straight to the floor or with your feet on a stability board. **TORSTAR NEWS SERVICE**



Tricep dips are a simple move to help tighten the back of the arm.

TARA WALTON/TORSTAR NEWS SERVICE

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Condoms vs. withdrawal

Study gives the unofficial birth control method a good grade

The J Spot
Josey Vogels
metronews.ca/thejspot

ISTOCK PHOTO

A study out of the Guttmacher Institute in New York says the withdrawal method is 96 per cent effective when used perfectly and an 82 per cent success rate with more typical, less perfect, use.

A recent study published in the June issue of Contraception Magazine presents findings that the withdrawal method of birth control rivals the use of condoms.

Shocking, isn't it? An entire magazine devoted to contraception! But actually I was referring to the fact that they're telling us that a method that we've been told all our lives is not even officially a method of birth control is almost as good as condoms.

Condoms have a 98 per cent success rate when used properly and an 82 to 87 per cent failure rate (depending on who you talk to) when you factor in all the people who decide that the six-year-old condom in his wallet is still "fine" to use.

The study out of the Guttmacher Institute in New York said that the withdrawal method — that is, having the male partner pull out before he climaxes — is 96 per cent effective when used perfectly (however they determine that) and an 82 per cent success rate with more typical, obviously less perfect, use.

But before you lose the latex, it's important to remember that the withdrawal method doesn't provide any protection from sexually transmitted infections that can be transmitted through pre-ejaculate fluid.

And given the prevailing resistance to using condoms it hardly seems responsible to give people another excuse not to roll down the rim. So what advantage is there to a study like this?

Well, the truth of the matter is, say the researchers, a lot of people are using the withdrawal method (usually as a back up or along with another form of birth control) and denying this is silly.

Even Dr. Carol Carozza, VP of marketing for Ansell Healthcare (the makers of LifeStyles Condoms) and a 20-year veteran on contraception, says that when you see how many people seem to be defaulting to the withdrawal method, it's clear that more research needs to be done and that users of it should be counselled properly.

People have been so stressed out into believing that withdrawal is irresponsible at worst or at best "better than nothing."

Although withdrawal may not be as effective as some contraceptive methods, it is substantially more effective than nothing, said the study. It's also convenient, requires no prior planning and it's free.

Health care providers and health educators should discuss withdrawal as a legitimate, if slightly less effective contraceptive method in the same way they do condoms and diaphragms. Dismissing it as a legitimate contraceptive method when used in conjunction with hormonal, barrier or other methods is counterproductive and also discourages further research into this frequently used and reasonably effective method.

• To read the entire study, follow the link on my Sexcetera blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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TRACEY WILLIAMS
For Metro Canada

Beyond being a great and enviro-clean mode of transport, biking also improves balance, eases stress and helps prevent cardiovascular disease, according to Scott Brouse, a fitness professional in Oakville, Ont.

Plus, if you want to burn off winter weight gain, here's a fact: A 145-lb woman can lose 10 lb in two months by cycling at 30 kilometres per hour for one hour a day, four days a week.

Spring Tune-Up

Do it yourself and you'll not only learn about how your bike works, you'll save $50 to $100. Selene Yeager, the author of Every Woman's Guide to Cycling, gave us a list of what you'll need: Allen keys (L-shape wrenches), bike lubricant, degreaser, dish soap, a wire brush, a tire pump, a patch kit, rubbing alcohol, fine steel wool, a towel and a rag.

Here's what to do:

• Spray degreaser on the chain and scrub with wire brush. Gently hose down your bike, then clean with hot water and dish soap. Rinse chain and bike; dry with a towel.

• Turn your bike upside down and coat the chain with lubricant while slowly turning the pedals backwards. Wipe excess oil with a rag. (Lube your chain after riding in the rain and after every third ride).

• Pump up tires. If cracked or worn, get new ones. If an outer tire looks fine but is leaking, pop part of the tire off the rim, remove inner tube and locate the hole.

• Inspect brake pads. Clean with a rag dipped in rubbing alcohol. If the grooves look worn, get new pads installed.

• Your cables work the brakes. If the casing is frayed or rusty, have the cables replaced.

• Tighten loose bolts (on handlebars, seat post, frame and chainring).

• Remove rust with steel wool.

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Billy Bob Thornton's daughter arrested

Billy Bob Thornton's daughter has been arrested in Florida on charges of child neglect resulting in the death of one-year-old girl she was babysitting. Friday's arrest of Amanda Brumfield, 29, was the result of an alleged incident in which the infant fell. PEOPLE.COM

Entertainment

MMVA lineup

Billy Talent, Alexisonfire and Kelly Clarkson will join previously announced acts Lady Gaga and co-hosts the Jonas Brothers as performers at this year's MuchMusic Video Awards on June 21. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Lightning-fast comedy

New sketch series Hotbox takes on many subjects

IAN JOHNSTON
for Metro Canada

Veteran sketch comic Pat Thornton shows no hesitation when asked to name his worst live show ever.

"It was a fringe tour with (comedy troupe) Todd's Lunch. We didn't get in the Winnipeg Fringe Festival, so we rented out a theatre that seats 300 people," says Thornton, the creator/writer/star of The Comedy Network's fast-paced new sketch series Hotbox.

"Someone who had seen us before and hated us wrote this one star review before we arrived. So only five people showed up for the show. Three volunteers and the people who billeted us. They were real polite but I can't imagine they had a good time."

The 13-episode Hotbox, which premieres tonight, reflects Thornton's nine years of good and bad gigs with sketch troupes like Todd's Lunch and, more recently, The Sketchersons.

However, the show's core target audience is most definitely today's YouTube generation. For Hotbox is a lightning-fast mish-mash of sketches that take on all subject matter and sport names like "Press Conference With a Bear," "Dinosaur Man," "Dinner in Space" and "Dr. Bloodfister."

If a segment lasts 20 seconds, it's a rarity. Most of Hotbox's comedy bits just end abruptly. Think of it as a live action variation on the animated series Robot Chicken … though Hotbox does also feature some cool animation and puppets.

"For the most part, what you see on the screen is all there was on the page," says Thornton. "We really enjoyed the challenge of writing things that just start and stop quickly; redefining how something ends."

Hotbox is also unique in its steadfast avoidance of a regular cast. There are 20 Canadian comics featured in the first season. This includes members of three comedy troupes, as well as cameos by well-established comics like Colin Mochrie, Jon Dore and Sean Cullen.

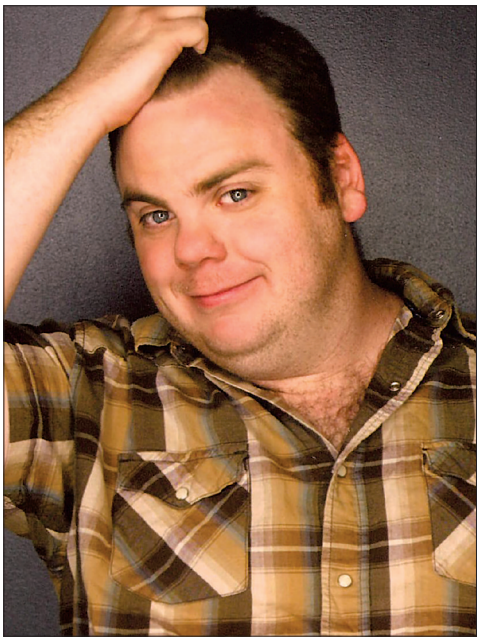
"There really isn't a regular cast. Yeah, we went back and forth with the network on that. Part of it was I simply wanted to make opportunities for comics in this town."

Thornton says making the leap from stage to the small screen wasn't difficult, though he does miss the live feedback.

"The laughs are different. You work all day on a TV set with the crew, and they don't care how funny you are."

On TV

- Hotbox airs tonight at 10 p.m. (ET) on The Comedy Network.



Veteran sketch comic Pat Thornton is the creator/writer/star of The Comedy Network's fast-paced new sketch series Hotbox.

Davis calls for more women in TV, film

Actress Geena Davis says it's critical that young people see more women in movies and TV. Addressing Bates College graduates in Lewiston, Maine, Davis says "society can only benefit if women are at the table." THE ASSOCIATED PRESS

Twilight takes bite out of MTV

MATT SAYLES/THE ASSOCIATED PRESS

Robert Pattinson and Kristen Stewart accept the award for best kiss for Twilight at the MTV Movie Awards on Sunday.

The MTV Movie Awards were a bloodbath Sunday night with Twilight taking five trophies, including best movie.

But it was Sacha Baron Cohen who gave the show its trademark bizarro moment when he landed upside-down on the lap of Eminem — who may or may not have been deeply offended.

Twilight, the popular vampire drama starring Robert Pattinson and Kristen Stewart, sucked up the golden popcorn trophies for best movie, best fight, best kiss, breakthrough male performance and female performance during the over-the-top ceremony at Universal City, Calif.

"The fans are the ultimate driving force," Stewart said while accepting her best female performance trophy, which she promptly dropped on the floor, breaking off a chunk of the golden popcorn.

Other winners included High School Musical 3: Senior Year star Zac Efron for male performance and his co-star Ashley Tisdale for female breakthrough performance. Amy Poehler's urinating in a sink in Baby Mama won an award that was new to this year: The "WTF moment."

But even that was upstaged by Baron Cohen, who flew in above the audience as his flamboyant character Bruno. Dressed in a pair of feathery white wings with his rear end mostly exposed, the comedian crashed into an overhead obstacle and was lowered directly into Eminem's lap in the audience, his bare hindquarters in the rapper's face.

Eminem seemed visibly upset by the encounter, and members of his entourage roughly removed Baron Cohen as the rapper struggled to get out.

But had the self-styled homophobic rapper been punked by Baron Cohen and MTV, or was he in on the elaborate joke?

Eminem reacted angrily, saying, "Get this (expletive) off me" and turning his face away in disgust. He then stormed out with his entourage in tow.

As the rapper stormed off it sounded as though he was wearing a microphone, and cameras were in position to record his fast exit. THE ASSOCIATED PRESS

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Gone to pot

Natalie Portman will star alongside Danny McBride and James Franco in their new period stoner comedy, Your Highness, to be directed by Pineapple Express' David Gordon Green. Portman will play a warrior princess. **EMPIREONLINE.COM**

Ruins contains Canadiana

Nia Vardalos returns to her Greek roots for the new romantic comedy, My Life In Ruins, but Canada figures almost as prominently in the film, the proud Winnipegger admits ahead of the movie's release this weekend.

TERESA ISASI/FOX SEARCHLIGHT

Nia Vardalos, left, and Alexis Georgoulis in My Life in Ruins.

The boisterous actress says she can't help but insert a bit of the Maple Leaf into every project she works on, and this one features a slew of obvious and not-so-obvious references to the Great White North. Fictional Canadian tourists are repeatedly seen wandering archeological sites in red-and-white attire, while Vardalos' parents and husband pop up in separate cameos.

"I put them in every film because they're good luck," the bubbly Vardalos explains on an early morning phone call from her home in Los Angeles. "And it's just great to have this moment where we're all (saying), 'Hee, hee, we're on screen together!'"

A special shout-out to Winnipeg comes by way of the number 204 — the Prairie capital's area code — which is positioned on a hotel room door.

"It doesn't quite show up on film but it was there on set," assures the 46-year-old, who snuck the same number onto an apartment door for her 2004 film Connie and Carla.

These little flourishes are among the touches Vardalos says she added to the script, penned by The Simpsons writer Mike Reiss. "I layered some stuff into it but it's very much his script," says Vardalos, who shot to fame by writing and starring in 2002's My Big Fat Greek Wedding.

"Mike and I had an agreement from the beginning that I would just (go over) the script and never take his credit. I think that's gross and ... again, Winnipeggers don't do that."

Still, the storyline seems tailor-made for Vardalos. Set among the spectacular ruins of ancient Greece, it centres on a lonely history professor (played by Vardalos) who has lost her job and passion for life. By the time we meet Georgia she's jaded and bitter, wallowing in self-pity over her new job as a tour guide. It takes a quirky group of travellers — and a hunky tour bus driver — to help her rekindle her passion for life and love. **THE CANADIAN PRESS**

DVD picks

He's Just Not That Into You

Director: Ken Kwapis

JENNIFER ANISTON, Ben Affleck, Scarlett Johansson and Drew Barrymore join a crowd of love seekers and booty callers in a movie built around a catchphrase, yet which risks rom-com fatigue with a bloated 2:10 running time.

Directed by Ken Kwapis (License to Wed) from a screenplay by Abby Kohn and Marc Silverstein, He's Just Not That Into You is the screen adaptation of the cynical relationship rule book by Sex and the City writer Greg Behrendt and editor Liz Tuccillo.

The bestselling tome's archly instructional tone is maintained, right down to faux chapter headings, with Justin Long's bar manager character, Alex, bluntly explaining guy code to blown-off and befuddled women.

Alex's most eager pupil is Baltimore singleton Gigi (Ginnifer Goodwin), the type of woman you only see in the movies. She's gorgeous, yet every guy she dates acts as if as she's wearing man repellent.

The focus shifts abruptly through the picture, which would be irredeemably distracting in most circumstances. But the scattershot technique suits the disjointed minds of He's Just Not That Into You. Nobody really knows what they want; why should the directors or writers?

As for extras, the DVD is not that into them: just a few deleted scenes, with optional commentary by Kwapis.

Spring Breakdown

Director: Ryan Shiraki

FROM SUNDANCE premiere to straight-to-DVD bins, but you can't say you weren't warned.

This sand 'n' sex laugher sat on the shelves for two years before Sundance provided 15 seconds of fame. It's an attempt at a buddy comedy, a sort of female version of Old School. But not even the talented trio of Amy Poehler, Rachel Dratch and Parker Posey and can save this scattershot selection of jokes that go from bad to worse.

The trio play nerdy college friends from the early 1990s who 15 years later find themselves heading to a spring break bash on South Padre Island. Hilarity doesn't ensue.

Blame director Ryan Shiraki and the script he co-wrote with Dratch. The two share the mic for a totally unnecessary commentary track and there are also four deleted scenes and a gag reel. **TORSTAR NEWS SERVICE**

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Gillan joins Doctor Who

Relatively unknown actress Karen Gillan has been tapped to accompany new Doctor Who Matt Smith, left, on the upcoming season of the cult TV series. The show returns to BBC in 2010. TVGUIDE.COM

Octomom lands reality TV gig

TV The California woman who gave birth to the world's longest-surviving set of octuplets has signed a deal to star in a reality television series.

Nadya Suleman, who gave birth to the six boys and two girls in January and also has six other children, agreed to be filmed for a proposed television show by Eyeworks.

THE ASSOCIATED PRESS

Boyle treated after defeat

Exhausted Britain's Got Talent runner-up checks into clinic

Singer Susan Boyle was being treated for exhaustion at a mental health clinic yesterday after taking second place in a TV talent competition that turned the humble church volunteer into a global star, the show's producers and a newspaper said.

Boyle was admitted to London's Priory Clinic Sunday, a day after she finished behind a male dance group on the show Britain's Got Talent, the Sun newspaper reported.

"Nobody has had to put up with the kind of attention Susan has had. Nobody could have predicted it," one of the show's judges, Piers Morgan, told breakfast TV show GMTV. "It has been crazy, she has gone from anonymity to being the most downloaded woman in history."

Boyle was favoured to win the show's finals — watched by more than 19 million people — after a clip from her first appearance became the fifth most-watched in YouTube history, viewed more than 220 million times.

The discovery that a woman from a small Scottish town was capable of singing very well on a national stage turned Boyle into a modern-day Cinderella. On Oprah Winfrey's U.S. television show, the singer had said she was "loving every second" of her unexpected stardom.

But much of the media storm surrounding her debut was laced with snide commentary about her looks, her social awkwardness and her remark that she had never been kissed.

Scotland's First Minister Alex Salmond was scathing about the media pressure, saying there were "elements of a press who like nothing better than to build people up and then drag them down."

Susan Boyle
GETTY IMAGES

By Friday, the pressure appeared to be building on the shy singer, who reportedly went into seclusion after exploding at journalists from Britain's notoriously aggressive tabloids.

Television company Talkback-Thames yesterday said Boyle was "exhausted and emotionally drained" and was taking a few days off.

"She has been seen by her private GP (doctor), who supports her decision to take a few days out for rest and recovery," the company said.

London police would not confirm the report that Boyle was admitted to a clinic, but said doctors were called to assist a woman under the Mental Health Act, and the woman went voluntarily to a clinic.

The Priory — one of a chain of clinics known for treating celebrities including fashion model Kate Moss and musician Pete Doherty — offers treatment for a range of psychiatric problems as well as drug and alcohol addiction.

Boyle had looked tense and uncomfortable after giving a strong final performance Saturday night with I Dreamed a Dream from Les Miserables — the same song she chose for her April debut.

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6/2/09 primetime	265	353	2 TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101		Around the World		Agenda-Paikin
	211	331	3 GTV	ET Canada	Entertainment	NCIS "Cloak" (HDTV)		Mental (HDTV) (N)		Durham County		News
	215	343	4 OMN1	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	22 Minutes	TBA	NHL Hockey Stanley Cup Final Game 3 -- Detroit Red Wings at Pittsburgh Penguins.						National
	214	344	7 CITY	Law & Order: SVU		According-Jim	According-Jim	Hitched or Ditched (N)		Make Me a Supermodel		News (N)
	212	313	8 CTV	etalk	Hollywood	Canada's Next Top Model (N)		The Mentalist (HDTV)		Law & Order: SVU		News (N)
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	213	326	15 SUN	Scrubs	George Lopez	*Night of Terror* (2006, Suspense) Mitzi Kapture.				To Serve and Protect		Becker
	-	387	16 CBS	Inside Edition	Hollywood	NCIS "Cloak" (HDTV)		The Mentalist (HDTV)		(10:01) 48 Hours Mystery		News (N)
	-	385	17 NBC	The Insider (N)	Entertainment	I'm a Celebrity, Get Me Out.		NBC News Special		Law & Order: SVU		News (N)
	-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	Paid Program	According-Jim	Earth 2100 (HDTV) (N)				News (N)
	219	346	20 ACH-B	The Road to Avonlea		Monk (N)		Law & Order: SVU		(10:01) Without a Trace		News (N)
	-	-	28 FOX	Judge Judy	Two/Half Men	House "Birthmarks"		Mental (HDTV) (N)		Seinfeld	Two-Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Foot in Grave	New Science of Learning: Brain Fitness			Magnificent Mind at Any Age With Dr. Daniel Amen			
	297	652	330 WPX	Two/Half Men	Family Guy	Hitched or Ditched		Hitched or Ditched (N)		PIX News at Ten Tong.		Two-Half Men
	296	654	331 SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
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	554	544	45 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27 W	How Clean	Friends	Remedy Me	Keep Real	Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	570	580	29 MM	One Tree Hill		Degrassi: The Next Generation		Greek		disBand "Stereos"		One Tree Hill
	615	520	31 A&E	CSI: Miami "Rio" (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48
	700	800	35 TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	Nati Ieri		Raymond	Raymond	George Lopez
	571	581	36 MMM	To Be Announced		I'm a Celebrity, Get Me Out.		The Daily Fix		Entourage	I'm a Celebrity, Get Me Out.	
	575	583	38 CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheer Moms
	616	521	39 SHO	The Outer Limits		Painkiller Jane "Pilot"		*The Last Templar* ★ (2009, Adventure) Mira Sorvino.				House
	620	523	40 BVO	Joe Armando Generation		Live at the Rehearsal Hall		Mario Lanza: Sing to Gods		Bravonews	McLauchlan	Law & Order
	601	562	41 SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43 HIS	NCIS "About Face"		Lost Worlds		Zero Hour		NCIS "About Face"		Deep Wreck
	625	548	44 COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes-Homes
	294	529	47 TBS	MLB Baseball Chicago Cubs at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Home Videos	Seinfeld	Family Guy
	576	582	49 BET	106 & Park	*Madea's Family Reunion* ★★ (2006, Comedy) Tyler Perry, Lynn Whitfield.					College Hill	Welcome to	*Madea*
	627	528	50 SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood "Adrift"		Extreme Ghost Stories		Stargate SG-1
	581	566	52 MTV	Room Raiders	After	MTV News	Cribs	Canada's Next Top Model		College Life	Teen Cribs	Teen Cribs
	618	524	54 TROP	Power Play		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	56 FOOD	Chef at Home	French Food	100 Mile Challenge		The F Word Food and fertility.		Good Eats	Good Eats	Iron Chef Am.
	261	394	60 V	Murder, She Wrote		Watchtower	On the Buses	Quantum Leap		The Lost Gods	Supernatural	Poltergeist
	621	527	63 STR	The Ellen DeGeneres Show		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	553	546	65 TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101 TVA	Qui perd gagne (SC)		La Fièvre de la danse (SC)		Nos étés (HDTV) (SC)		TVA 22 heures	Sucré-salé	*Course*
	126	730	102 RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249 VIVA	Judging Amy		Missing		The Closer "About Face"		Encounters	In Dreams	Psychic Inv.
	300	601	301 M1	*Intervention*	(7:35) *Fly Me to the Moon* ★★ (2008)			*The Brave One* ★★ (2007, Suspense) Jodie Foster.				*Reign Over Me*
	305	612	306 PIX	(7:10) *The Ultimate Weapon* (1998, Action)				*Dr. Strangelove Or: How I Learned*			*Interrogation of Michael Crowe*	

critics' corner

Hot Box
Sort of a "Sesame Street" for grown-ups, this new series from Canadian comic Pat Thornton mixes puppetry, live action and animation in each episode for a wild 30-minute ride through the surreal, the silly and the surreally silly. He brings to life such odd characters as a salesman with poor people skills and a detective obsessed with "CSI." 10 PM on COM

NCIS
Gibbs (Mark Harmon) and the gang are forced into playing a dangerous war game that causes a shocking revelation to come to light and causes very serious consequences for one of their group in "Cloak." 8 PM on GTV CBS

The Mentalist
Patrick's formidable powers of observation don't do him much good after he is blinded as the result of an explosion, forcing him to rely on his other senses during an investigation into the murder of a financial adviser in "Bloodshot." 9 PM on CTV CBS

U.K. female impersonator La Rue dies

PEOPLE Danny La Rue, a popular female impersonator who was the first man to take the lead role in a major production of Hello Dolly, has died. He was 81.

La Rue, who preferred to be described as a "comic in a frock," died Sunday at his home in Kent county, south of London, after a short illness. He had been suffering from cancer.

Born Daniel Patrick Carroll in Cork, Ireland, July 27, 1927, La Rue lived from the age of nine in London, where his widowed mother ran a dress shop.

"See what they did to me in England," he once told an audience in Ireland. "I left in short pants and I've come back in a frock."

THE ASSOCIATED PRESS

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

It's a boy
It's a boy for former fashion model Kimora Lee Simmons and actor Djimon Hounsou. Simmons announced the birth Saturday on her Twitter feed. THE ASSOCIATED PRESS

Will Ferrell goes Wild

Actor takes on Swedish wilderness for Discovery series

Actor Will Ferrell, left, in an episode of Man vs. Wild.

The wilderness of northern Sweden, where Will Ferrell ate grilled reindeer eyeballs with adventurer Bear Grylls, seems like a long way to go to promote a movie and test-drive a television spinoff.

But that's where the two men were for 48 hours in early April, where the sub-zero temperatures made laughable the idea of spring. Their trip is chronicled on an episode of the Discovery Channel's Man vs. Wild series that debuts tonight at 10 p.m.

Ferrell climbs out of a helicopter by rope ("Mommy!" he shouts), is eased down a cliff supported by two sticks wedged in ice, trudges through waist-deep snow on makeshift snowshoes of twigs and spends a night with Grylls in a snow cave. Dinner, and breakfast the next morning, comes from the head of a reindeer carcass found along the way.

"Nine out of 10 actors would not do that," Ferrell deadpanned in an interview with The Associated Press.

"There were times when I thought, 'I'm too tired to be funny right now. I'm too tired to be cold." Will Ferrell

Ferrell wasn't familiar with Man vs. Wild, probably the looniest and most entertaining series in the adventurist genre, when his manager broached the idea. But the comic actor, who has run three marathons, warmed to the idea.

"I started watching it and thought, 'this could be too crazy to say no to,'" he said.

All in the name of promotion, too: the Discovery episode airs three days before Ferrell's movie Land of the Lost hits the theatres. Ferrell plays a scientist who has some close encounters with dinosaurs in a time warp adventure.

The Man vs. Wild episode is part a wider cross-promotion deal between Discovery Communications Inc. and the NBC Universal Movie studio. For instance, when the movie Frost/Nixon was released, Discovery's Cash Cab game featured questions from the Nixon era.

"I would have killed to have Will Ferrell out in the wilderness with Bear Grylls, even if we didn't have a movie to promote," said John Ford, Discovery's president and general manager. The network was mulling the idea of a celebrity version of Grylls' show, and considers the Ferrell episode a successful pilot.

For stars, it undoubtedly has greater cache than a run on I'm a Celebrity, Get Me Out of Here. But does it cheapen the Man vs. Wild brand, built upon Grylls' tips to survive forbidding environments? Ford said he didn't think so.

Grylls stows away a Twinkie for Ferrell to get some quick energy in a pinch. Of course, the actor downs it the minute Grylls first turns his back. The episode moves along briskly with Ferrell cracking wise ("I don't know how I got myself into this. I don't even like camping."), and Grylls reminding viewers of the life-threatening conditions. "There were times when I thought, 'I'm too tired to be funny right now. I'm too tired to be cold,'" Ferrell said.

THE ASSOCIATED PRESS

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An unusual proposal

Ryan Reynolds struggled to find the words to ask now-wife Scarlett Johansson to marry him, so he proposed by text message. "The hardest part was to compress all of that love, all of that joy into just one text message. And then it was just hitting send," he said. FEMALEFIRST.CO.UK

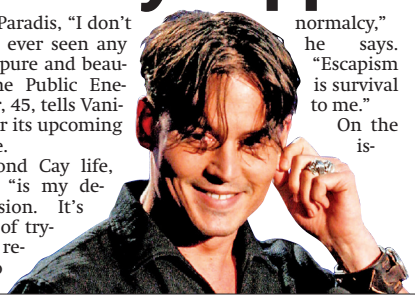
Celebrity Buzz

Money can't buy happiness, but it can buy island

RETREAT When not making blockbusters, Johnny Depp likes to relax far from Hollywood — around his 45-acre private Bahamian island, Little Hall's Pond Cay, to be exact, usmagazine.com reports.

As experienced from aboard his 156-ft. yacht, the Vajoliroja, an amalgam of the names of his children, himself, and partner Vanessa Paradis, "I don't think I'd ever seen any place so pure and beautiful," the Public Enemies star, 45, tells Vanity Fair for its upcoming July issue.

The Pond Cay life, he says, "is my decompression. It's my way of trying to return to normalcy," he says. "Escapism is survival to me."



On the island itself, one can snorkel among barracudas, neon-coloured fish and nurse sharks, in what Depp has named Heath's Place, after Heath Ledger.

"You can feel your pulse rate drop about 20 beats. It's instant freedom. And that rare beast — simplicity — can be had. And a little morsel of anonymity," he says.

"Whenever I was getting frustrated about being 'novelty boy' and making movies, I told myself, Calm down. I can come down here and disappear. I spent the Christmas season here with Vanessa and the kids. You can feed hot dogs to the nurse sharks in the Exumas (the out islands of the Bahamas) — but it's best to not swim when doing it."

Owning one's own island also affords its special privileges, and Pond Cay allows Depp to indulge in his hobbies, which include reading, playing guitar and painting. Quoting an old adage, he admits, "Money doesn't buy you happiness. But it buys you a big enough yacht to sail right up to it." METRO NEWS SERVICES

Madonna queen bee to Kate

EX FACTOR Kate Hudson let the presence of her rumoured boyfriend Alex Rodriguez's rumoured ex, Madonna, spoil her fun at a polo match in NYC over the weekend.

After enjoying the first part of the match, Hudson reportedly vacated her VIP seats, which Madonna happily filled, according to the New York Daily News.

"Kate was completely intimidated by Madonna," one source says. "She clearly didn't want trouble and decided to keep a low profile for the rest of the match."

Adds another source: "I didn't even see Kate Hudson again after Madonna arrived. She ran away! But if I were dating Madonna's ex, I'd be scared, too!"

METRO WORLD NEWS

GETTY IMAGES

Jacko planning cash cows

MONEY PROBLEMS Michael Jackson is opening a Thriller casino, femalefirst.co.uk reports.

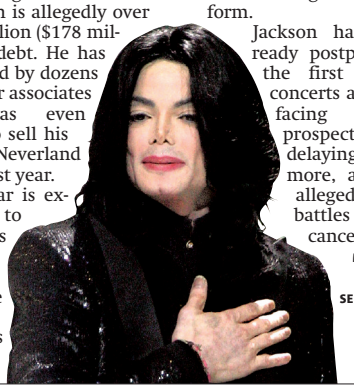
The 50-year-old singer is reportedly planning to launch the zombie-themed gambling den in Las Vegas next year.

He is also believed to be working on a new album, several films and a museum to house iconic items from his career. He's also allegedly planning a three-year world tour, after his 50-date This Is It residency at London's O2 arena ends in 2010.

Sources close to the superstar claim he is interested in any business endeavour that can help revive his flagging fortune.

Jackson is allegedly over £100 million ($178 million) in debt. He has been sued by dozens of former associates and was even forced to sell his beloved Neverland Ranch last year.

The star is expected to make as much money as he owes from his residency, which is due to start next month, but he may not be fit enough to perform.



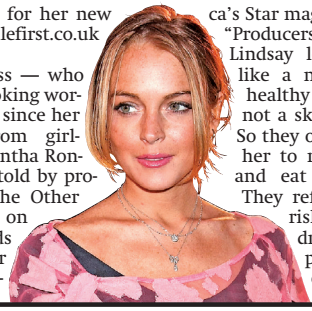
Jackson has already postponed the first four concerts and is facing the prospect of delaying more, as he allegedly battles skin cancer.

METRO NEWS SERVICES

Gain weight, director tells Lindsay

CAREER ADVICE Lindsay Lohan has been ordered to gain weight for her new movie, femalefirst.co.uk reports.

The actress — who has been looking worryingly thin since her breakup from girlfriend Samantha Ronson — was told by producers of The Other Side to pile on the pounds because her part requires her to.



A source told America's Star magazine: "Producers want Lindsay looking like a normal, healthy girl, not a skeleton. So they ordered her to rest up and eat more. They refuse to risk her dropping out of the movie because of her problems."

Lindsay landed the role in the comedy earlier this month, her first big-screen outing since 2007's flop I Know Who Killed Me.

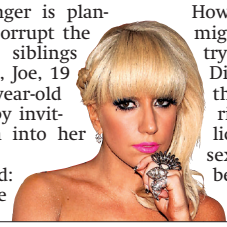
Commenting on her casting, the film's director David Michaels said: "Lindsay's very aware of people's perceptions of her. She's really committed to doing what she has to in order to change that."

METRO NEWS SERVICES

Gaga for Jonas Bros

FANTASY Lady Gaga wants to have sex with the Jonas Brothers, femalefirst.co.uk reports.

The singer is planning to corrupt the trio — siblings Kevin, 21, Joe, 19 and 16-year-old Nick — by inviting them into her bed.



She said: "I love the Jonas Brothers, they're very talented. I met them once. I'd like to have a foursome with them."

However, Lady Gaga might have problems trying to seduce the Disney band because they wear purity rings and have publicly voiced their no sex before marriage beliefs.

METRO NEWS SERVICES

Drew ditches Justin for Adrian?

INDECISION Drew Barrymore has reportedly dumped Justin Long, femalefirst.co.uk reports.

The actress was seen enjoying an "intimate dinner" with Entourage star Adrian Grenier at the Cliff's Edge restaurant in Los Angeles, sparking speculation she has once again split from Long.

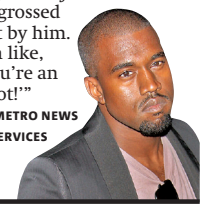
A source said: "Drew and Adrian looked really comfortable with each other — Justin certainly seemed like the last thing on her mind."

METRO NEWS SERVICES

Pink peeved at 'idiot' Kanye

GONE TOO FUR Pink isn't pleased with Kanye West after they attended a Stella McCartney fashion show.

"The entire time, Kanye is going, 'They need more fur in this show,'" the animal-friendly singer tells Australia's FHM. "He just wouldn't shut up about how he loved fur. I mean, he's saying this to me, the PETA guy and Paul McCartney! I was just so grossed out by him. I'm like, 'You're an idiot!'"



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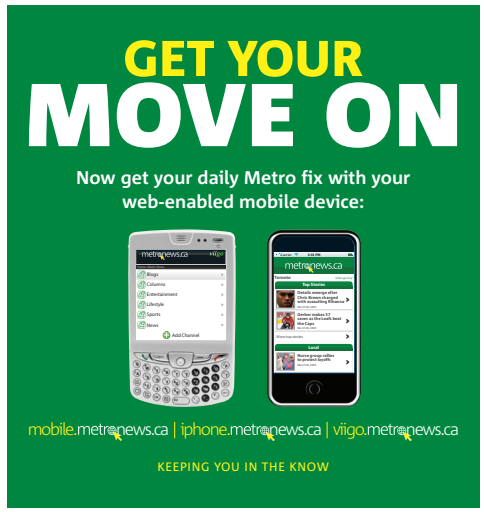

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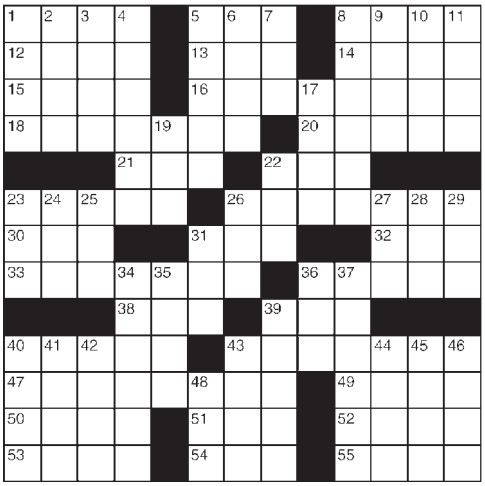
Take Five



Crossword across

1 Punch
5 Biol. or bot.
8 Pack (down)
12 Vittles ...
13 ... and what to do with them
14 Operatic show-stopper
15 Verdi work
16 Alamo casualty
18 Refuse to buy
20 Moor
21 Possesses
22 Chinese chairman
23 Enthusiast
26 Longtime TV variety star
30 Dance syllable
31 Despondent
32 A billion years
33 1890s heavyweight champ
36 Archipelago part
38 Whatever amount
39 Every crumb
40 Acid type
43 Actor Gould
47 Lots of power?
49 Expanded
50 Press
51 "CSI" evidence
52 Long lunch?
53 Antitoxins
54 Rowing need
55 — River, N.J.

Crossword down

1 Wound cover
2 Cleveland's place
3 Buffalo Bill
4 Money of Malawi
5 Religious offshoots
6 Wagon
7 Judge Lance
8 Hire
9 Vicinity
10 Catcher's need
11 Maze option
17 Burn somewhat
19 Sturdy tree
22 Pie ingredient?
23 Gov. agcy.
24 Pi follower
25 Sound receptor
26 Cudgel
27 Conger, for one
28 Pirouette pivot
29 Potent stick
31 Pigpen
34 Potassium source
35 Sufficient, old-style
36 Under the weather
37 Trivial
39 Sacrifice site
40 Parisian pals
41 Unembellished
42 "Young Frankenstein" role
43 Sicilian spouter
44 Sandwich treat
45 Four years in the White House
46 "— company, ..."
48 Commotion

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4	9		6			
	9					6	3	
5	6				2	1		
1		6	5				4	
				7				
	5				4	9		7
		3	1				8	9
	1	8					7	
			7		3	2		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	6	5	9	1	4	3	7	2
1	7	9	2	8	3	4	5	6
3	2	4	5	7	6	8	9	1
9	8	7	6	2	1	5	4	3
6	5	2	3	4	9	1	8	7
4	1	3	7	5	8	2	6	9
5	3	8	1	9	7	6	2	4
2	9	1	4	6	5	7	3	8
7	4	6	8	3	2	9	1	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Cod with Spicy Puy Lentils

INGREDIENTS:
2 tbsp (25 ml) extra-virgin olive oil
1 onion, chopped
2 celery stalks, chopped
2 medium leeks, chopped
1 or 2 fresh red chili peppers, seeded and chopped
1 cup (250 ml) Puy lentils, rinsed and drained
3 cups (750 ml) vegetable stock
1 sprig fresh thyme
1 bay leaf
Fresh-squeezed juice of 1 lemon
Pinch cayenne
4 pieces skinless cod fillet or cod steaks
Salt and fresh-ground black pepper
To serve: Lemon wedges

METHOD:
1. Preheat broiler to medium-high. Heat 1 tbsp (15 mL) of olive oil in medium pot over medium heat. Add onion, celery, leeks and chili peppers; sauté 2 minutes. Stir in lentils. Add vegetable stock, thyme and bay leaf. Bring to boil, reduce heat, and simmer until lentils are tender, about 20 minutes. If lentils have not absorbed all stock, drain.

2. Meanwhile, prepare fish. Stir together remaining oil, lemon juice and cayenne. Lay cod in broiler pan, skin side up. Season with salt and pepper to taste, and brush with oil mixture. Broil until flesh flakes easily, 6 to 7 minutes. There is no need to turn fish over.

3. Divide lentils between warm plates and arrange pieces of cod on top. Serve with lemon wedges.

Per Serving
324 calories, 7.5 g total fat, 1 g

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Values planet Venus transiting your sign is by itself an omen of success, but today's Venus-Jupiter link-up promises even greater accomplishment.

TAURUS
APRIL 21-MAY 21
Don't let your imagination get the better of you over the next 24 hours. It will be all too easy to believe that the images in your mind are real but they're not.

GEMINI
MAY 22-JUNE 21
Take life as it comes today and don't worry too much if the people around you are more demanding than usual.

CANCER
JUNE 22-JULY 22
You can be amazingly assertive but with Venus transiting the career area of your chart you will achieve more if you use persuasion.

LEO
JULY 23-AUG 23
Life, the universe, everything; what's it all about? You will be asking this question, and questions like it, a lot over the next 24 hours.

VIRGO
AUG 24-SEPT 22
Fears and anxieties buried deep in your mind will make an unwelcome reappearance today, but if you face up to them you will overcome them.

LIBRA
SEPT 23-OCT 23
You will have to use a combination of generosity and guile today if you are going to get what it is you most desire.

SCORPIO
OCT 24-NOV 22
You may for the most part be fixed in your opinions, but on the work front you will be amazingly flexible.

SAGITTARIUS
NOV 23-DEC 21
It might not be true to say that all things are possible for you now but enough are to make this the kind of day that stays long in the memory.

CAPRICORN
DEC 22-JAN 20
The most important thing today is that you resolve any differences of opinion you might have with loved ones and relatives.

AQUARIUS
JAN 21-FEB 18
You will be on the move for any number of reasons today but the most important by far will be to do with an affair of the heart.

PISCES
FEB 19-MARCH 20
Your generosity will know no bounds today. You won't be content to give a little bit here and a little it there: You will give loved ones everything they desire.

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